

The image features a white background with several light purple circles. The top row contains three circles: the first is an outline, the second is solid, and the third is solid. The text "ANTI BULLYING" is written in a bold, black, sans-serif font across the top row, with the letters overlapping the circles. The bottom row contains three circles: the first is solid, the second is solid, and the third is an outline. The text "SAY 'NO!' TO BULLYING" is written in a bold, black, sans-serif font across the bottom row, with the letters overlapping the circles.

ANTI BULLYING

SAY 'NO!' TO BULLYING

What is bullying?

Bullying can :

- be intentional, ongoing behaviour by an individual or group of individuals that causes upset, distress, hurt or an intense sense of fear.
- involve intentional and wilful misuse of power in relationships.
- involve direct or indirect harassment, humiliation, violent or physical domination and/or intimidation of others.

Cyber bullying refers to bullying through information & communication technologies.

Bullying Behaviours:

- **Verbal** such as: name calling, teasing, abuse, putdowns, insults or threats.
- **Physical** such as: hitting, punching, kicking, scratching, tripping, spitting.
- **Social/Emotional** such as: ignoring, excluding, making rude, cruel or crude gestures.
- **Psychological** such as: spreading rumours intentionally, menace, dirty looks, hiding or damaging possessions, inappropriate notes, letters, phone messages, SMS, facebook etc.

Conflict or fights between
equals or single incidents

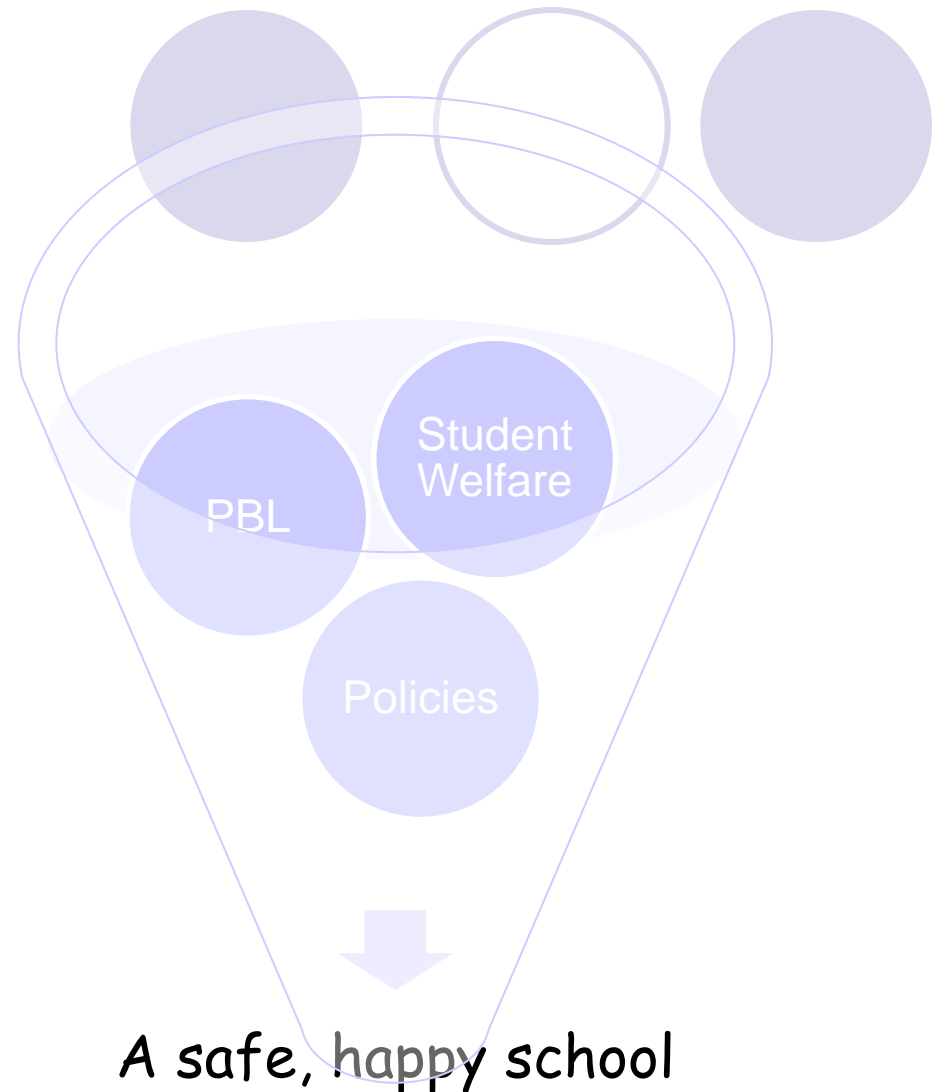
are not defined as bullying.

A safe, happy school:

The school promotes a positive & respectful climate through proactive student welfare and curriculum programs.

We teach anti-bullying strategies and respond promptly to bullying situations.

Vardy's Road explicitly teaches values and clear expectations for behaviour.



Make a stand against bullying: Students

- **S**TAY CALM and CONFIDENT
- **T**RY TO IGNORE
- **A**SK THEM TO STOP
- **N**EVER FIGHT
- **D**UTY TEACHER

Make a stand against bullying:

Students

Actions which make me a target:

- Mood - scared, unhappy, powerless
- Replies - pleading, cursing
- Voice - faint, shrill & out of control
- Breathing - withheld, very rapid
- Body - tight & constantly moving
- Face - tense, red, white faced
- Eyes - narrowed, weepy
- Shoulders- hunched, tense

Actions which suggest confidence:

- Mood - calm, assertive
- Replies - considered, level
- Voice - clear & regular in tone
- Breathing - easy, deep & regular
- Body - relaxed & still
- Face - steady
- Eyes - open, making direct contact
- Shoulders - square & relaxed

Make a stand against bullying:

Bystanders

WHAT CAN I DO?

- Listen
- Invite the person being bullied to play or sit with me
- Check when I see the person again that they are okay
- If I'm worried tell the teacher

WHAT CAN I SAY?

- "Bullying is against the rules. Stop it!"
- "Would you like me to go with you to the teacher?"
- "Do you have someone to play with?"

Make a stand against bullying:

TEACHERS

Responding to the victim: DO'S

- Model & promote appropriate behaviour.
- Listen attentively
- Show concern & interest
- Find out who is involved.
- Assure the child you will follow up. (Certainty is more important than immediacy/severity)
- See the victim later to let them know what has happened.

Responding to the victim: DO NOT'S

- Tell them to play elsewhere/ to stay away from the bully/ignore it.
- Tell them to bring the bully to you.
- Tell them you will fix it - there are no guarantees.

Make a stand against bullying:

Teachers

Responding to the bully: **DO'S**

- Follow up as soon as possible
- Keep calm
- Stay focused on the issue at hand - not past history
- Speak with bullies individually
- Keep a record.
- Follow school and department policies.

Responding to the bully: **DO NOT'S**

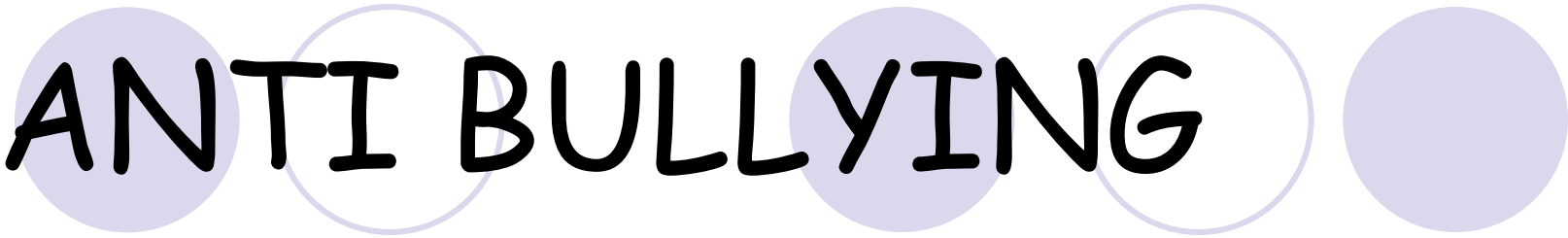
- Bully/humiliate the student
- Make threats
- Tell the student who reported the bullying
- Condone the bullying by making excuses for the bully

Make a stand against bullying:

Parents

- Listen carefully to your child. Stay calm & get accurate details
- Assure your child that it is not his/her fault.
- Reinforce the suggested strategies for dealing with a bully.
- We are all different in some way, help your child to be proud of their differences and build a strong self esteem.
- Discourage retaliation.
- If the problem continues seek support from the class teacher, Assistant Principals or the Principal. Together a joint strategy would be developed.

ANTI BULLYING

The title 'ANTI BULLYING' is written in a bold, black, sans-serif font. Each letter is centered within a light purple circle. The circles are arranged in a horizontal line, with some overlapping. The circles for 'A', 'N', 'T', 'I', 'B', 'U', 'L', 'L', 'Y', 'I', 'N', 'G' are all filled with a light purple color. The circles for 'A', 'N', 'T', 'I', 'B', 'U', 'L', 'L', 'Y', 'I', 'N', 'G' are all filled with a light purple color. The circles for 'A', 'N', 'T', 'I', 'B', 'U', 'L', 'L', 'Y', 'I', 'N', 'G' are all filled with a light purple color.

Vardy's Road students,
staff and parents
will not tolerate
bullying or harassment
of any kind.

We are totally opposed to all forms of
bullying.