

WHAT CAN YOU DO IF YOU ARE BEING HARASSED / BULLIED?

You can control what happens

- Do not retaliate by using physical or verbal harassment.
- Do not show fear. If you don't show fear the bully is no longer rewarded and harassment may then stop.

You have to decide what action to take.

GRIEVANCE PROCEDURES

If you are having a problem with someone:

- teasing you
- calling you names
- harassing you (e.g. physical, sexual or racial)

These are the strategies that you can use:

- Ignore what the person is doing. Show that it does not upset you. The harasser is then not rewarded and the harassment may stop. If this does not work try.....
- Assertively telling the person to stop what they are doing. "Stop..... me. I feel.....when you..... I want you to stop." It might stop then, if harassment continues.....
- Talk it over openly with trusted adults. Tell them what you have already tried. They can help you decide what to do. If harassment continues.....
- Report the matter directly to your class teacher and make a plan with him/her to deal with the problem. If the harassment does not stop.....
- The issue will be dealt with by the Principal, Deputy or Counsellor, the child and the parents/caregivers.

LOGICAL CONSEQUENCES

When you behave inappropriately you may be asked to:

- Discuss the behaviour
- Plan a behaviour contract
- Leave the situation
- Lose privileges
- Apologise
- Practise the correct behaviour
- Replace (or help towards replacement), return, tidy and /or clean damaged item
- Stop using misused facilities or property
- Give up own time
- Discuss your behaviour with the Principal, Deputy or Counsellor and *your parents may need to be informed.*

Remember

**It is right for you to tell someone if you or your friends are being harassed.
Everyone has the right to feel safe**

We have the right to feel safe and report harassment.

We will not tolerate harassment/ bullying at Challa Gardens Primary School.



Challa Gardens Preschool -7 Safe Schools Framework Anti-Bullying and Harassment Policy

*Our School Motto:
'Learn, Grow and Achieve Together'*

We believe everyone has the right to feel safe and secure.

Everyone has the right to teach and learn.

We all have **RESPONSIBILITY** to:

- Participate in learning.
- Keep yourself and others safe
- Respect others
- Listen and follow instructions

WHAT IS BULLYING

Bullying and harassment are deliberate and repeated actions towards others which involve the misuse of power.

Bullying is when someone or group keeps on deliberately being mean and makes you feel sad, scared and unsafe.

KINDS OF HARASSMENT/BULLYING

Bullying and harassment can take many forms.

Physical— violence, pushing, hitting, kicking, tripping

Verbal— name calling, teasing, rumours, swearing, negative comments about people

Racial— racist remarks, teasing someone's culture

Sexual or Gender— male/female put downs, gender harassment songs, kiss chasey, inappropriate touching

If you are not being harassed but are aware of others who are— **YOU CAN DECIDE TO DO SOMETHING ABOUT IT AND HELP TO PROTECT OTHERS.**

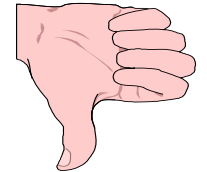
SOMEONE IS BEING BULLIED HOW CAN YOU HELP OTHER STUDENTS

- If you are part of a bullying group it is better to change your friendship grouping now rather than go on hurting others.
- Those who harass need help too. That is why it is best that you report harassment so that it will be dealt with.

DO YOU HARASS / BULLY OTHERS?

Aggro

Soft



- Violence
- Hitting
- Threatening
- Racism
- Swearing
- Gossiping
- Dirty Looks
- Rumours
- Put downs
- Excluding

YES? STOP THE HARASSMENT NOW!

THINK BOLDLY ACT BOLDLY FEEL AMAZING
START USING THE DEADLY COOL WAY !!

DEADLY COOL

- Sharing
- Asking nicely
- Staying calm
- Feeling confident
- Feeling in control
- Helping
- Encouraging
- Supportive
- Caring
- Responsible
- Getting along



Good Habit
Good Habit