
THE IMPORTANT ROLE OF PARENTS

Parents, you can help by:

Showing interest in your child's school, social, sporting and cultural life.

Having a warm, friendly home environment where your child is encouraged to bring friends home.

Encouraging your child's self esteem by saying and doing positive things, nurturing their positive qualities and valuing them for whom they are.

Discussing the school's expectations about behaviour and how to best deal with bullying.

Being observant and looking out for the tell-tale signs that something is wrong.

Informing the school if you become aware of any bullying incident so it can be stopped.

Teaching your children that telling is NOT dobbing.

**ALL STUDENTS WHO ATTEND
CARINE PRIMARY SCHOOL HAVE
A RIGHT TO FEEL SAFE!**

SANCTIONS AND SCHOOL RESPONSES TO BULLYING

We need to identify those who are being hurtful to others, as well as the victims of bullying, in order to help them.

Carine Primary School has a clearly defined code of conduct and expectations for both staff and students. If a student is found to be bullying or not acting with respect or tolerance towards others, the following responses should be expected.

1. The matter is investigated thoroughly by staff.
2. Students are counselled and given the opportunity to discuss the issue.
3. Strategies to deal with the problem as either victim or offender are discussed with the student.
4. An acceptable resolution is negotiated through conflict resolution or Restorative Justice Practices.
5. The situation is monitored and documented.
6. If the bullying is severe or is continued, parents are informed and the student(s) will be given detention in school time or the matter may result in suspension. This will be at the Principal's discretion and follow the DOE procedures.
7. Student services and parents will be involved in cases of repeated bullying where behaviours persist despite these processes.

**REMEMBER, BULLYING IS SERIOUS!
LET'S WORK TOGETHER AT CARINE
TO ENSURE A SAFE, SECURE AND
TOLERANT ENVIRONMENT.**



CARINE
PRIMARY SCHOOL

OUR BEST ALWAYS

POLICY STATEMENT ON BULLYING

A WHOLE SCHOOL APPROACH

WHY A POLICY?

All children should be able to feel safe and valued in our school community.

Therefore, the staff at Carine has produced a policy to ensure that appropriate standards of self discipline are maintained.

BULLYING IS SERIOUS

BULLYING IS NOT OKAY

It is not an accepted part of "Growing Up".

Carine Primary School does not tolerate any form of bullying.

WHAT IS BULLYING?

Bullying is any wilful, conscious behaviour intended to hurt another person.

It is not just physical. It is emotional as well as social.

FORMS OF BULLYING

BULLYING MAY TAKE MANY FORMS INCLUDING:

- Making hurtful and racist comments.
- Commenting on social/family backgrounds.
- Referring to religious beliefs and practices.
- Picking on others, name calling.
- Unwanted touching, hitting, teasing, abusing and mocking.
- Spreading rumours.
- Attempting to intimidate, threaten or belittle.
- Deliberately ignoring and avoiding.
- Taking or damaging property.
- Sending hurtful notes.
- Inappropriate electronic communication (Cyberbullying e.g. SMS, email, Facebook)

WHAT TO DO IF YOU ARE BEING BULLIED

If you are being bullied you should take appropriate action and not just accept it.

- First and foremost you should believe in yourself and know that your teachers are here to support you so tell them about it.
- Know that you have the right to feel safe.
- Try not to retaliate by becoming a physical or verbal bully yourself.
- You could try to ignore the bullying. If you show that you are not upset, the bully may stop.
- Tell the bully to "quit it" or "get lost" or "cut it out". Laugh it off, use humour.
- Don't be afraid to talk about it with your friends or family. Talking about it is not dobbing.
- You could talk to some of the older students at school, especially the councillors. They can help you decide how to handle the situation or they can take action.
- Build your own protection by establishing friends.
- Be smart about avoiding high risk places and times.
- Stop doing that which makes you a target.
- There are many adults at school who want to help you too. At school talk to your teachers, the Deputies or the Principal. They can help you decide how to handle the situation or they can take action. **Please let us know.**

IF YOU WITNESS A BULLYING INCIDENT

If you witness someone being bullied, we expect you to be responsible and speak up. We all need to work together if we are going to stop bullying in our school. Always tell a teacher, a deputy or the Principal if you have witnessed others being bullied.

You should:

- Offer friendship and support to the victim, encouraging them to get help from the staff.
- If possible, intervene while the bullying is happening by saying "leave him/her alone" or "cut it out".
- At school report the incident immediately to a staff member.
- You can speak privately and we will listen and take the appropriate action.

It is against the law to victimise witnesses or complainants

TELL-TALE SIGNS OF BULLYING

- A sudden unwillingness to attend school.
- Declining academic performance.
- A decline, or total loss of self-confidence.
- A lack or loss of interest in social events.