

DON'T TAKE IT! You have the right to be safe.

DON'T DO IT! Help make our school a safe and caring environment for everyone.

What is Bullying and Harassment?

Bullying is abuse of power, where a person or group use behaviour to hurt, upset, scare or shame another person. Harassment is unwanted and unwelcome behaviour that is usually but not always repeated. If you hurt, upset, scare or shame another person a teacher must respond.

Bullying and harassment can be about discrimination based on a person's gender, sex, cultural and spiritual identity &/or race, age, disability, appearance or financial status. Discrimination in schools is against the law.

Bullying & Harassment happens in different ways:

Physical: hitting, pushing, grabbing, spitting, taking/damaging property, using a weapon.

Sexual: any unwelcome written, verbal or physical contact of a sexual nature.

Verbal & Written: spoken or written insults, threats, unfair criticism, rumour spreading.

Face & Body Signals: looks, stares, facial expressions, hand signs.

Cyber: using internet/chat rooms, voice & text messages, photographic and video images

Graffiti: using pictures, tags or words.

Group: forming groups to leave out, ignore and disrespect.

Indirect: influencing or organising someone else to bully or harass on your behalf.

Bystanders to Bullying & Harassment

A bystander is a witness or close-by person who sees bullying and harassment happening.

Be part of the solution not part of the problem. Don't join in or support violence.

Report any concerns to a trusted adult or peer leader (eg: Big Brother/Big Sister) immediately.

Talk to your friends about taking a stand against all forms of bullying and harassment.

If it happens to you

- Think of ways to stay safe
- Talk to a peer leader or trusted adult as soon as it happens, don't ignore it.
- Don't react, explode or take revenge. Respond respectfully.
- Tell yourself that you never deserve to be bullied or harassed.
- Follow the steps below to make it stop.

The Steps To Make It Stop

Each bullying and harassment incident is different. Teachers will deal with each incident in different ways depending on how serious it is. All information is treated confidentially. Use the following steps to stop bullying and harassment:

Step 1: If safe, tell the person or group to stop.

If bullying or harassment continues.....

Step 2: Tell a trusted adult or peer support leader (eg: BB/BS) and/or fill in a harassment report form (available from Student Services or Counsellors).

Step 3: Strategies to intervene include counselling and restorative justice conferences/agreements. Parental involvement is essential.

If bullying or harassment continues

Step 4: Revisit Step 2 if it continues or happens again. Never give up! People who continue to bully or harass will face more serious consequences, including suspension.

Reporting or Dabbing?

Reporting harassment is about acting responsibly by trying to prevent further harm.

Dabbing is deliberately trying to set someone up, to get them into trouble.

Student signature :

Parent signature :