What we do at Reidy Park Primary School to reduce bullying

Reidy Park Primary School, uses primary prevention and early intervention strategies to assist when dealing with incidents of bullying.

Primary Prevention strategies include:
- A focus on the teaching and learning of interpersonal and respectful relationship skills.
- Teaching students about conflict resolution, anger management and problem solving and developing policies which promote personal safety.
- Implementing a ‘buddy’ and peer mediation system.

Early Intervention strategies include:
- Encouraging students, teachers and parents to report any concerns
- Teaching students to be better bystanders.
- Small group and whole class-room conferences, including classroom meetings and circle time.

What parents/carers can do

Parents and carers play an essential role in identifying and responding to bullying and unacceptable behaviour. It is important to recognise if bullying may be occurring and to establish if the behaviour is in fact bullying or rather unacceptable behaviour.

Suggested Actions

- Listen carefully to what your child has to say without interrupting, and show concern and support by letting your child know you understand how distressing it is for them to be in this situation.
- Provide support to develop positive strategies like discussing ways in which they can make new friends, or problem solve ways to avoid people or situations that might expose them to further unacceptable behaviour.
- Collect information and work with the school to solve the problem.
What bullying and unacceptable behavior?

The definitions below are adapted from Bullying. No Way!, the joint Australian Education Authorities website.

**Bullying**

Bullying is when someone, or a group of people, deliberately upset or hurt another person, or damage their property, reputation or social acceptance on more than one occasion.

Bullying is a repeated behaviour. It is harmful and involves the misuse of power by an individual or group towards one or more persons.

**Types of Bullying**

There are four types of bullying:

**Direct physical bullying:** includes hitting, kicking, tripping, pinching and pushing or damaging property.

**Direct verbal bullying:** involves name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.

**Indirect bullying:** is often harder to recognise and can be carried out behind the bullied person’s back. It is designed to harm someone’s social reputation and/or cause humiliation. Indirect bullying includes:

- Lying and spreading rumours
- Playing nasty jokes to embarrass and humiliate
- Mimicking
- Encouraging others to socially exclude someone
- Damaging someone’s social reputation or social acceptance.

**Cyberbullying:** is direct verbal or indirect bullying behaviours using digital technologies. This includes harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces.

**What bullying is not**

Many distressing behaviors are not examples of bullying, even though they are unpleasant and often require teacher intervention and management.

**Mutual conflict:** involves an argument or disagreement between people but not an imbalance of power. Both parties are upset and usually both want a resolution.

**Social rejection or dislike:** is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

**Single-episode acts:** nastiness or physical aggression are not the same as being bullied. If someone is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different people is not the same as bullying. However, this does not mean that single episodes of nastiness or physical aggression are ignored. These are condemned as unacceptable behaviors.