

NEED MORE INFORMATION?

The following websites have valuable advice and information for families on dealing with bullying.

www.bullyingnoway.com.au

www.youthbeyondblue.com

www.reachout.com

www.esafety.gov.au

CONTACTS AT IRRAWANG HIGH SCHOOL

You can contact the following people with regard to student welfare at Irrawang High School on these numbers .

IHS phone: (02) 49874687

IHS fax: (02) 49831027

Email:

irrawang-h.school@det.nsw.edu.au

Your Year Adviser

Head Teacher Student Wellbeing

Mr Justin Tonks

Deputy Principal

Mr David Pearson

Deputy Principal

Mr Michael OBrien

BULLYING AT SCHOOL

Information for Parents and Carers



All parents and carers want their child to feel safe and happy while they are at school.

Students learn better if they feel safe and happy at school.

In this pamphlet you will find advice about what to do if your child is feeling unsafe because he or she is part of, is witnessing or is experiencing bullying.

BULLYING IN SCHOOL AND WHAT WE CAN DO TOGETHER TO DEAL WITH IT

What is and isn't bullying?

Bullying is when someone (or a group of people) with more **power** than another, **repeatedly** and **intentionally** uses negative words and actions against them, which causes them distress and **risks their wellbeing**.

Bullying can be physical, verbal, social, psychological or cyber. It might involve hitting, pushing, tripping, taking or damaging belongings, teasing, name calling, racist or sexist remarks, negative comments, exclusion from games or activities, making threats or spreading rumours.

It is not bullying if.....

Other forms of hurtful behaviour are often mistaken for bullying. **Upsetting and harmful things happen, but not all of them are bullying such as; mutual arguments and disagreements, not liking someone or random or one-off events,**

How can I tell if my child is being bullied?

Children who are being bullied often don't tell a teacher or counsellor. They may think it might make it worse. As a parent and carer, you have an opportunity to help your child and our school to deal with bullying.

Signs that your child is being bullied might include:

- unexplained cuts, bruises or scratches
- vague headaches or stomach aches
- refusal to go to school
- damaged belongings
- tearfulness or general sadness

What should I do if I my child is being bullied, witnesses bullying or may be involved in bullying others?

If your child is in one of these situations you will probably feel anxious, sad or angry. It is important to your child that you stay calm and follow these steps.

- Listen carefully and quietly to your child
- Reassure your child that talking about the bullying is the right thing to do
- Find out
 - what happened
 - who was involved
 - where it happened
 - if anyone else saw it
- Talk with your child about what should be done.

It is a good idea to make some brief notes together. This will help when talking to the school.

Contact the school. Your child may not want you to however it is important to work together on these issues.

You can ask to talk to any of the contacts listed on the back of this brochure

Staff at Irrawang High School will utilise a variety of methods in dealing with suspected bullying incidents. The aim is to resolve the situation aiming for the best possible outcomes for all students.

They may use the traditional disciplinary approach, restorative practices, strengthening the target, mediation, the support group method or the method of shared concern.

What is cyber bullying?

Cyber bullying is bullying which uses e-technology as a means of victimising others. It is the use of an internet service or mobile technologies—such as email, chat rooms, discussion groups, instant messaging, webpages or SMS (text messaging) - with the intention of harming another person.

Become Cybersmart

Go to the E Safety website at <https://esafety.gov.au/>

Tips for families and young people

If cyber bullied:

- stay calm
- think clearly
- block the person
- do not delete the message or posting as it is evidence
- tell someone

If you think the cyber event you know about may constitute a crime you should contact your local police station.