

Bullying is serious.

Bullying can be harmful and should not be a part of anyone's growing up.

For further information visit these websites:

www.bullyingnoway.com.au

www.reachout.com

www.youthbeyondblue.com

For information regarding cyber bullying visit these websites:

<https://esafety.gov.au/>

Contact numbers

Kids Help Line 1800 55 1800

Life Line 131114



Irrawang High School Anti-bullying Student Brochure

Bullying happens in classrooms, on the way to and from school, on excursions and camps, in the corridors, in the toilets, at recess and lunch, on phones and computers or anywhere at school.....

**You have the
right to feel
safe at
school!**

**Bullying Hurts
Everyone**

***Bullying and
harassment?
NO WAY!***



**STOPPING BULLYING
STARTS WITH YOU**

Don't take it!

Don't do it!

What is bullying? Bullying is when someone or a group of people with more power than you, repeatedly and intentionally uses negative words and actions against you, which causes you distress and risks your wellbeing.

Bullying can be:

physical pushing, touching, tripping, hitting, spitting, poking, or taking/damaging someone's property, using a weapon

verbal name calling, insults, homophobic or racist remarks and verbal abuse, unfair criticism, suggestive comments

social lying, spreading rumours, playing a nasty joke, mimicking or deliberately excluding someone, looks, stares, facial expressions, hand signs

psychological threatening, manipulation and stalking

cyberbullying using mobile phones, emails, chat rooms, social networking sites such as facebook and myspace, voice, text, photographic and video images

Bullying is NOT

Mutual arguments and disagreements, not liking someone or random or one-off events.

Don't take it!

Don't do it!

What to do?.....

If you are being bullied?

- think of ways to stay safe
- spend time in safe places in the school
- if it's safe tell the person to stop
- use neutral language to respond to the bullying, like 'whatever', 'maybe', that's what you think', 'yeah, right'
- remind yourself that you never deserve to be bullied or harassed
- don't respond, explode or take revenge
- walk away
- try to act unimpressed, don't make the bully happy

But it's been going on for a while and these don't work.....

- talk to your friends, parents, a teacher, school counsellor
- talk to a teacher, Year Advisor , Head teacher
- Student Wellbeing or a Deputy Principal
- report the bullying /fill in an incident report
- follow the steps to make it stop

If you see someone else being bullied.....

- make a disapproving comment as you walk past such as 'that's not cool', cut it out', or 'leave it out'
- tell a teacher, Year Advisor , Head teacher
- Student Wellbeing or a Deputy Principal
- don't watch or join in, encourage your friends to walk away
- support the person being targeted with a word of encouragement, encourage them to move away
- talk with your friends about taking a stand against bullying

Don't take it!

Don't do it!

Reporting bullying

Tell a teacher, fill in an incident report
If the teacher hasn't talked to you within a week seek them out and ask about the progress of your report.

Do you bully or harass?

If you're hurt, upset, scared or shame another person a teacher must respond. This will depend on the seriousness of your behaviour. You will be given fair opportunity to show you are willing to take responsibility for your behaviour.

Listen to the effects of your behaviour. Show that you are sorry for what you did. Make suggestions to help repair harm or damage. We may offer you counseling, skills training and special programs to help you stop bullying and harassing. This may involve meetings with your parents or carers.

If you continue to bully and harass you will face more serious consequences according to our school's Anti-bullying Plan.