

What Students Can Do

If you are bullied at school

- Ignore them. Try not to react.
- Tell them to stop and walk away.
- Pretend you don't care.
- Go somewhere safe.
- Get support from your friends.
- Get help from a staff member.

If you see bullying happening at school

- Tell them to stop bullying.
- Support the person being bullied.
- Don't join in with a negative conversation.
- Get help from a staff member.

If you can't get the bullying to stop

- Talk to an adult at school or at home and ask for help.

If it happens online

- Tell your parents.
- Avoid responding to the bullying.
- Report and block anyone who bullies online.
- Protect yourself. Use privacy settings. Keep records.

What Parents Can Do

If your child talks to you about bullying

- Listen calmly and get the whole story.
- Reassure your child.
- Ask your child what they would like you to do and how you can help.
- Work with the school to solve the problem. Make an appointment with your child's teacher.
- Avoid contacting the parents of other students involved.

Contact Us

Hillarys Primary School

75 Lymburner Drive, Hillarys

Phone: (08) 9307 6365

Email: hillarys.ps@education.wa.edu.au

Web: <http://hillarysps.wa.edu.au>

For further information, visit:

Bullying. No Way!

Web: <http://bullyingnoway.gov.au>

Kids Helpline

Web: <https://kidshelpline.com.au>

Phone: 1800 55 1800

headspace

Web: <https://headspace.org.au>

Phone: 1800 650 890

eSafety – staying safe online

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



Hillarys

PRIMARY SCHOOL

Connected • Engaged • Successful

Preventing & Managing Bullying

Bullying

- Is ongoing and repeated
- Involves harmful behaviours
- Involves a misuse of power

Our Vision

Connected Community
Engaged Educators
Successful Students

Our Mission

To cultivate an inclusive, collaborative and innovative learning community that supports and inspires students to be capable, resilient and motivated learners who can adapt and thrive in an everchanging world.

Our Values

At Hillarys Primary School, we are respectful, responsible, inclusive, caring and motivated.

Explicit teaching and learning support a school culture that develops resilient students who uphold our values. Staff, students and parents share the responsibility for a safe, supportive learning environment free from bullying.

Bullying is

“an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious or hidden.”

Bullying isn't

“single or isolated incidents, and conflict or fights between equals, whether in person or online.”

Adapted from the national definition of bullying for Australian schools

Bullying includes repeated episodes that can be physical, such as hitting and scratching; verbal, such as name-calling, sarcasm and putdowns; or indirect, such as spreading rumours, ignoring, exclusion, and malicious texting or online communication.

School Strategies for Preventing Bullying

To build resilient students and a culture of inclusion, we focus on:

- Explicit teaching of social skills
- Building positive relationships
- Positive staff-student rapport
- Chaplaincy Program
- Positive Behaviour Policy
- Acknowledgement of responsible behaviour

Response to bullying

Each reported bullying incident is treated on an individual basis, and the level of response is carefully considered. Through Restorative

Practice, we aim to guide and support students through a process that encourages insight, remorse and restorative action on the part of the person who has bullied someone, and forgiveness by the person who has been bullied. If the bullying continues, our Student Behaviour Policy and Procedures apply.