DoE Anti-Bullying Policy

https://education.nsw.gov.au/policy-library/policies/bullying-preventing-and-responding-to-student-bullying-in-schools-policy

Definition: Bullying

Bullying is **repeated** verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies.

Bullying behaviour can be:
- **verbal** eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical** eg hitting, punching, kicking, scratching, tripping, spitting
- **social** eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- **psychological** eg spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Conflict or fights between equals and single incidents are not defined as bullying. Bullying behaviour is not:
- children not getting along well
- a situation of mutual conflict
- single episodes of nastiness or random acts of aggression or intimidation.

Definition: Serious risk of harm

Immediate danger of physical harm, e.g. your child has been physically threatened or is likely to self-harm.

Signs of a child who may be experiencing bullying:

Be observant. Look out for tell-tale signs such as:

- not wanting to go to school
- have falling school grades
- changing their route to school or become frightened of walking to school
- changes in sleeping or eating patterns
- frequent tears, anger, mood swings and anxiety
- having unexplained bruises, cuts and scratches
- missing or damaged belongings or clothes
- asking for extra pocket money or food
- arriving home hungry

Parent Reporting Procedure

What do I do if I believe my child is being bullied?

Have a conversation with your child

- Establish if your child is being bullied, or have they experienced a one off incident
- Find out what steps your child has taken at school to deal with the issue? E.g. reported to a staff member

If your child has not taken steps to resolve the issue:

- Encourage your child to access support at school – classroom teacher, Faculty Head Teacher, Year Adviser
- Encourage your child to respond assertively (without aggression) to the bullying by asking the person to stop the behaviour causing distress. Remember it is important that your child continues to follow the school's BRAVE values.
- Do not directly approach any other student or their family.

If your child has taken steps or is not willing to and the issue is not resolved:

- Contact the teacher involved in the attempted resolution

If you believe your child is at risk of serious harm:

- Contact the relevant Deputy Principal

What do I do if my child has been involved in cyberbullying?

Definition: Cyberbullying refers to **bullying** through information and communication technologies, e.g. social media, texting, phone calls, etc.

1. Keep evidence of the cyberbullying, e.g. screen shots or photos

2.Encourage your child to block the person/delete their account and not engage in negative behaviour

3. As a parent/caregiver, do not respond to the situation, online or in person, in an attempt to defend your child as this may have legal ramifications for you and your child.

4a. Report material to the social media site where the bullying has occurred. Visit this website and select the appropriate social media platform to make a report: https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres

4b. If the cyberbullying is having a significant impact on your child's wellbeing at school, follow the school parent reporting flowchart

5. If you believe your child or others are at serious risk of harm also contact the relevant Deputy Principal ASAP.

6. After 48 hours, you can make a complaint to the e-Safety Commissioner via: https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres

Helpful websites:

1. To report cyberbullying to the social media platform

https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres

2. e-Safety Commissioner:

https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres

3. DoE Anti-bullying Plan
https://education.nsw.gov.au/wellbeing-and-learning/attendance-behaviour-and-engagement/anti-bullying