

## TIPS FOR HANDLING BULLYING SITUATIONS

### If you are being bullied:

- Tell a friend, it is harder for a bully when there are two of you.
- Talk to someone about what is happening (see over page).
- Try to ignore them or firmly tell them to stop and walk away. It is hard for the bully if there is no one there.
- Try not to show that you are upset or angry. Bullies love a reaction and if you don't react they may get bored and walk away.
- Don't fight back. Most bullies are bigger and stronger and you could get hurt.
- Your possessions and money are not worth getting hurt over.
- Try to say something funny or clever. Make a joke of it, using prepared replies work the best.
- Try to avoid being alone in the places where bullies hang out.
- Sometimes asking the bully to repeat what they said can put them off.
- Keep a diary of what is happening.
- Email the details of the bullying behaviour to the school at:  
[dl.0741.leaders@schools.sa.edu](mailto:dl.0741.leaders@schools.sa.edu)

### Port Broughton Area School

12 East Terrace, Port Broughton, SA, 5522

Phone: 86 352105 Fax: 86 352507

Email: [dl.0741.leaders@schools.sa.edu.au](mailto:dl.0741.leaders@schools.sa.edu.au)

## WHAT HAPPENS WHEN I SEND AN EMAIL TO [dl.0741.leaders@schools.sa.edu.au](mailto:dl.0741.leaders@schools.sa.edu.au)

Emails can be sent by the victim of bullying, their parents or someone who has witnessed bullying.

When sending an Email include the following:

1. Clearly outline what happened.
2. Name the victim(s) and the bully(ies).
3. Ask for **action to be taken** OR request that staff know about an incident and for **no action to be taken** other than the situation to be monitored by staff.
4. Request that a particular teacher or counsellor deal with the problem.
5. Students may ask for their name to be withheld from conversations staff have with other students about the incident.

The email will be passed on to the counsellor and class teacher.

The email will be replied to and explain what has happened and what will happen.

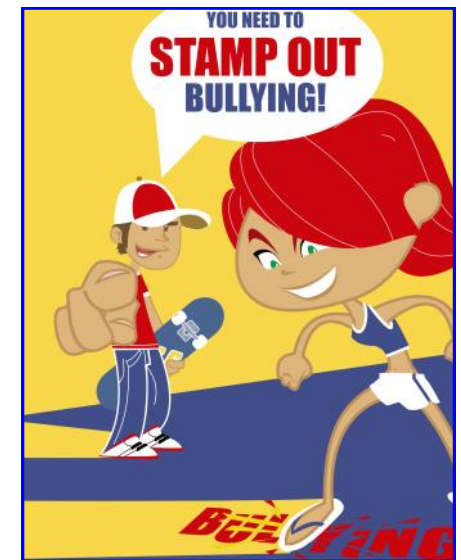
## WHO CAN I TALK TO ABOUT BULLYING?

There are lots of people you can approach and talk to about bullying:

- ❖ Reporting Bullying forms in R-6 classes. Complete and give to Mr Remfry.
- ❖ Tell your parents
- ❖ Tell a friend
- ❖ Tell your class teacher
- ❖ Tell an SSO
- ❖ Tell Mr Remfry,
- ❖ Tell the Deputy:- Mrs Wilden
- ❖ Tell the Principal - Mrs Hogan

## ARE YOU BEING BULLIED OR PICKED ON?

*Information for Students, Parents and Staff members.*



[dl.0741.leaders@schools.sa.edu](mailto:dl.0741.leaders@schools.sa.edu)



Department for Education and Child Development



Port Broughton Area School

## WHAT IS BULLYING?

### Bullying is

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

Conflicts or fights between equals and single incidents **are not** regarded as bullying.

### Discrimination is

when people are treated less favourably than others because of their race, culture or ethnic origin, religion, physical characteristics, gender, sexual orientation, marital, parenting or economic status, age, ability or disability. Discrimination is often ongoing and commonly involves exclusion.

### Harassment is

behaviour that targets an individual or group due to their identity, race, culture or ethnic origin, religion, physical characteristics, gender, sexual orientation, marital, parenting or economic status, age, ability or disability and that offends, humiliates, intimidates or creates a hostile environment. Harassment may be an ongoing pattern of behaviour, or it may be a single act.

### Cyber-bullying is

bullying which uses e-technology as a means of victimising others. It is the use of internet service or mobile technologies such as e-mail, chat room discussion groups, instant messaging, web pages or SMS (text messaging) - with the intention of harming another person. Examples include communications that seek to intimidate, control, manipulate, put down or humiliate the recipient.

### Violence is

the intentional use of physical force or power, threatened or actual, against another person/s that results in psychological harm, injury or in some cases death. Violence may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time.

### DECD Sexual harassment definition is

unwelcome sexual conduct which makes a person (male or female of the same or opposite gender, same-sex attracted or bisexual) feel offended, humiliated and/or intimidated, where the reaction to the conduct is reasonable in the circumstances. Sexual harassment can be a single incident, repeated or continuous, direct or indirect and take various forms.

## EXAMPLES OF BULLYING

### Physical:

**Direct** – striking, throwing things, using a weapon.

**Indirect** – getting another person to assault someone, removing and hiding belongings.

### Verbal Abuse:

**Direct** – verbal Insults, unfair criticism, name calling.

**Indirect** – persuading another person to criticise or insult someone, spreading malicious rumours, phone calls, text messages and emails.

### Gesturing Abuse:

**Direct** – threatening or obscene gestures, menacing stare.

**Indirect** – deliberate turning away or averting one's gaze to ignore someone.

### Deliberate Exclusion:

**Direct** – ganging up against someone.

**Indirect** – persuading people to exclude someone.

## IF YOU KNOW SOMEONE WHO IS BEING BULLIED:

- Try to get the person being bullied to talk to an adult.
- Get the person to tell you what is happening to them.
- Do not tell the person who is being bullied to handle the situation on their own.
- Offer to speak to an adult on their behalf.
- Let the students bullying know that you know what is going on.
- Tell someone on the Student Council.
- Involve as many people as possible, but in particular teachers – talk to someone who will listen.
- Fill in a 'Keep Safe' form and return to the library returns box.
- Email the school website for bullying: [dl.0741.leaders@schools.sa.edu.au](mailto:dl.0741.leaders@schools.sa.edu.au)

YOU NEED TO  
**STAMP OUT**  
BULLYING!

