

# PARENTS

## What parents can do:

- Look for signs of distress in children e.g. unwilling to come to school, a pattern of illness.
- Be proactive and encourage your child to report the incident to their teacher or a school leader.
- Build your child's confidence by recognising and affirming their positive qualities.
- Discuss the problem with your child modelling a calm and supportive manner.
- Report the issue to the teacher or school leader as soon as possible.
- Deal directly with the school and NOT the other student or their parent.
- Discourage any planned retaliation, either physical, verbal; by discussing positive strategies your child can use.

## Consequences of Bullying

### If a student is bullying they can expect :

Incident to be fully investigated, documented and parent / carer contacted.

### Other consequences may include:

- Separate play
- Office time out
- Be involved in a meeting with the victim

### If a student continues to bully they can expect:

- Restricted play
- Parents / carers notified
- Internal suspension

# INFORMATION

## For more information:

### Helpful websites

#### Kids Help Line

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

#### Bullying No Way

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

#### Child and Youth Health

[www.cyh.com.au](http://www.cyh.com.au)

#### Net Alert

[www.netalert.net.au](http://www.netalert.net.au)

#### Child Safety Australia

[www.childsafetyaustralia.com.au](http://www.childsafetyaustralia.com.au)

#### Cyber bullying

[www.cyberbullyingstories.org.au](http://www.cyberbullyingstories.org.au)

#### Advice to parents/ carers

[www.decd.sa.gov.au/speced2/pages/bullying](http://www.decd.sa.gov.au/speced2/pages/bullying)

#### ThinkUknow internet safety program

[www.thinkuknow.org.au](http://www.thinkuknow.org.au)

#### Helpful phone numbers:

SA Youth Health Line 1300131719

Kids Help Line 1200551200

Families SA 1200204550

Net Alert 1200220176



# ANTI BULLYING

Everyone has the right to feel safe,  
valued and supported.

Magill will not tolerate bullying or  
retaliation against those who report  
bullying.

All reported incidents  
will be thoroughly investigated.



Magill School

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[www.magillschool.sa.edu.au](http://www.magillschool.sa.edu.au)

## WHAT IS BULLYING?

**Bullying is the misuse of power, position or privilege.**

It is done to intimidate, coerce, create fear, control, embarrass, exclude, or cause pain or discomfort.

**A bystander** is a witness to a bullying incident.

Bullying of any form can have long term effects on those who are involved, including bystanders.

**We believe that everyone:**

- Has the right to feel and be safe
- Has the right to be respected
- Has the right to be heard
- Has a responsibility to ensure our own and others safety
- Has the right to respectfully communicate
- Has the right to have concerns taken seriously

**Bullying is everyone's responsibility.**



## TYPES OF BULLYING

**What does bullying look like:**

**Bullying behaviour can be:**

**Physical:** hitting, tripping, poking, punching, kicking, throwing objects, spitting or grabbing.

**Verbal:** name calling, put downs and threatening.

**Non verbal:** glaring, gestures, negative body language.

**Social:** ignoring, hiding, stand over tactics and exclusion.

**Emotional:** following, invasion of personal space, spreading rumours, hiding/ damaging possessions, passing notes and stealing.

**Racial:** includes racist jokes and graffiti.

**Cyber bullying:** is using information and communication technologies - such as chat rooms, social media, gaming sites, instant messaging, webpages or SMS with intention of harming another person.

**Sexual:** jokes or actions that are sexual in nature, or invade the privacy of others including looking over toilet stalls or asking another child to expose themselves.

**Gender Stereotyping or Discrimination:** this includes all of the above, in relation to a persons gender

**Discrimination against sexual orientation, intersex status or gender identity:** this includes homophobic and transphobic language and all of the above in relation to sexual orientation, intersex status or gender identity.

## WHAT SHOULD I DO?

**What students can do:**

**If you are being bullied you can stand up to the bully by trying some of the following:**

- Don't let the bully know they are upsetting you
- Stay calm
- Think clearly
- Politely and firmly ask them to stop
- Give them a warning eg. "I don't like the way you..."
- Stand tall, use eye contact, be polite and be firm
- Walk away
- Don't react to the behaviour...report it
- Share your feelings with others—talk!
- Talk with a teacher, a school leader, SSO, parent / carer or someone you think can help

**You may need to persist to help stop the bullying behaviour.**

**Bystanders**

If you see someone being bullied or bullying it is expected that some of the following are tried:

- Tell the person to stop bullying
- Get help— report it to an adult
- Be a friend to the person being bullied

**If no action is taken then you give the message that bullying is OK.**