



ANTI BULLYING

What is Bullying?

Bullying is more than the odd quarrel or disagreement or even friendly teasing. Bullying is a behaviour that is designed to hurt, injure, embarrass, upset or discomfort the other person. It can be:

- Name calling
- Spreading rumours
- Writing nasty notes
- Hitting or kicking
- Physical aggression
- Throwing things
- Hiding someone's property
- Damage to the person's property
- Making harmful or racist comments
- Criticising religious beliefs or practices
- Setting up humiliating experiences
- Deliberate exclusion from activities
- The use of put-down comments or insults

Don't get sucked in by the "dobber" tag – it's used to protect the bullies! You might want to talk about the problem, but might not want any action taken. That is OK.

What you can do if you are being bullied or see someone being bullied? Talk about it. Bullying thrives on silence. Discuss it with:

- Friends
- Family
- Nurse
- Chaplain
- School Psychologist
- Teachers
- Education Assistants
- Deputy Principal
- Principal

Some Things You Can Do

You may feel strong enough to support the person being bullied by standing alongside them, or by calmly and non-aggressively saying something like:

- "Don't use put downs"
- "Leave him/her alone"
- "Don't be sexist"
- "Don't be racist"
- "How would you like that done to you?"

Ask your teacher to change your seating in the classroom.



To Make The Job Easier

Write down the things the bully said or done and how they made you feel. Make copies of nasty emails, MSN messages, text messages, etc. Date them and pass these onto a responsible adult.

The Important Role of Parents – What They Can Do

Watch for possible signs like school avoidance or changes in behaviour.

Encourage talking – sometimes this might be difficult, but remain patient. Make time to talk with your children about school and life in general.

Listen calmly and seriously and try not to over-react – work out the facts.

Give your child reassurance and support – explain that it happens to most people at some time, even though it is not acceptable.

Be aware of the school's policy and contact the school if you are concerned.

What Not To Do

Don't over-protect your child.

Don't confront the parents or the young person(s) who is/are bullying your child.

What Will The School Do?

The following flowchart illustrates the procedure that the school will take if bullying occurs.

