

What is not bullying?

- Mutual arguments and disagreements (where there is no power imbalance)
- Not liking someone or a single act of social rejection
- One-off acts of meanness or spite
- Isolated incidents of aggression, intimidation or violence
- These behaviours need to be addressed in the same way as other inappropriate student behaviours.

Everyone has a right to feel safe and comfortable.

Every 'Notification of student harassment' form submitted will be investigated.

It is right for you to tell someone if you or your friends are being bullied.



We set high expectations for respectful relationships.

Talk to:

- A good friend
- A student leader or an older student you respect and trust
- Your classroom teachers
- Your sporting coach
- A parent or guardian
- **Counsellors:**
 - Ms Kerri McCarthy
 - Ms Claire Hinchey
- **Year Advisors:**
 - Year 7: Ms Salter/Ms Lenton
 - Year 8: Mr Hopkin/Mr Walker
 - Year 9: Mrs Brown/Mr May
 - Year 10: Mrs King/Mr Tarrant
- **Deputy Principals:**
 - Year 7: Mrs Michelle Maher
 - Year 8: Mr Lindsay Morrow
 - Years 9 &10: Ms Nicole Avard
- **Principal:** Ms Hayley Macdonald



Anti-bullying Strategy

At Callaghan College Waratah Campus students, parents and staff have the expectation that everyone is treated with respect and dignity.

We understand that bullying behaviour is anti-social. We **can** do something about it!



What is bullying?

“Bullying is a systematic and repeated abuse of power. In general, bullying may be defined as:

- dominating or hurting someone
- unfair action by the bully and an imbalance of power
- a lack of adequate defence by the target and feelings of oppression and humiliation” (Rigby, 2010).

Bullying can take many forms. The National Centre Against Bullying identifies five kinds of bullying:

1. **Physical bullying:** This is when a person (or group of people) uses physical actions to bully, such as:
 - hitting, poking, tripping or pushing
 - repeatedly and intentionally damaging someone’s belongings.
2. **Verbal bullying:** Repeated or systematic name calling, insults, homophobic or racist remarks and verbal abuse.
3. **Covert bullying:** Such as lying about someone, spreading rumours, playing a nasty joke that makes the person feel humiliated or powerless, mimicking or deliberately excluding someone.
4. **Cyber bullying:** Using technology, such as email, mobile phones, chat rooms, social networking sites to bully verbally, socially or psychologically. The main forms of cyber bullying are identified as:
 - **Flaming:** Online fights using angry or vulgar messages.
 - **Harassment:** repeatedly sending nasty, mean or insulting messages.
 - **Denigration:** Posting or sending gossip or rumours about a person to damage his/her reputation or friendships.
 - **Outing:** Sharing someone’s secrets or embarrassing information or images online.
 - **Exclusion:** Intentionally and cruelly excluding someone from an online group.
 - **Cyber stalking:** Repeated, intense harassment and denigration that includes threats or creates harm.

Bullying can happen in any community

In our community bullying can occur:

- between students
- when we support or encourage others who bully
- when adults bully or intimidate students
- when students bully or intimidate adults
- when adults bully or intimidate other adults

Bullying goes against the values upheld by our community and contravenes state law.

Even if you are not being bullied, but you are aware of others who are, you can and should do something about it.

Every student has rights

- You have the right to feel safe and comfortable at school.
- You have the right to feel safe and comfortable on your way to and from school.
- You have the right to learn and no-one has the right to stop you or anyone else from learning.

Bullying

When we are the victim of another’s deliberately harmful actions or words, we feel angry, embarrassed, frightened, humiliated or uncomfortable.

- Bullying affects our self-confidence.
- If it persists we can find it hard to concentrate on our work. We may no longer enjoy going to school.
- We may find it difficult to keep good relationships with others.

How does bullying affect the bully?

Being seen as a bully affects how others relate to you – and ultimately who you are. You might experience a good feeling from hurting someone in the short term, but in the longer term you are only promoting what is ugly within you and preventing yourself from living a fulfilled and happy life.

You do have control over what happens to you

If you are bullied, don’t retaliate verbally or physically.

What can you do?

Ignore it

Show that it doesn’t upset you. This is not doing nothing – it is saying it does not get under your skin. The bully is not encouraged and may stop.

Inform the bully or bullies

Tell them that their actions are unwanted and offensive.

Talk it over

Talk it over with someone you trust eg. a friend, family member or a teacher. The most important thing to remember is that if you (or someone you know) is being bullied, **tell someone**.

Report the matter

Report the matter to any teacher, Year Advisor, Deputy Principal, Principal, or anyone you think is in a position to help you. It is reporting abuse – not ‘dobbing’. It is important you allow these people to take action on your behalf to stop the bullying.

Doing nothing accomplishes nothing