

## What does the school do about bullying?

We feel very strongly that all students need to feel safe at school. Every term we conduct a 'Bully Audit' of all students R-7. Students complete a confidential questionnaire which asks them questions such as:

- "How many times have you been bullied in the yard this term?"
- "How many times have you been bullied in the classroom this term?"
- Have you seen anyone else bullied this term?
- Name the people who have bullied you this term.

Students who are named on 4 or more students' sheets have a letter sent home and then participate in counselling to help them work out how to get along better with others. We have found this to be very powerful in helping students to learn to stop bullying others, and they rarely appear on the Bully Audit more than once.

Parents are also encouraged to collect a Bully Audit form from the front office and fill it in if they have seen bullying at school or if their child has told them they have been bullied.

## Other programs which help to reduce bullying at our school:

- **Wellbeing lessons-** students work in cross-age groups to learn how to sort out their differences, how to deal with bullying and how to get along well with others.
- **Restorative Justice-** We believe in making things better between students. We bring students who are having differences together to talk about how they have been affected, how they are feeling, and to work out what needs to happen to 'make things right' between them.

## What can you expect will happen as a consequence of bullying?

- ☀ If a student or a parent reports an incident to a teacher, and the teacher believes it is clearly a case of bullying (not a case of not getting along), this will be reported to the Principal or Deputy Principal.
- ☀ The incident will be investigated within 24 hours.
- ☀ Parents and students will be informed about the result of the investigation.
- ☀ A 'Restorative Process' will be used between the parties involved, to try to restore the relationship between the students.
- ☀ If it is determined to be bullying then the student will have a Yellow or Red card and records will be kept. The student doing the bullying will be counselled and in repeated cases a student Behaviour Modification Plan or Suspension will be considered.

## Where to go for other information:

Policies available from the front office:

- LPS Wellbeing Policy
- LPS Behaviour Management Process for Classrooms
- DECD Bullying and Harassment at School- Advice for Parents and Caregivers
- DECD Cyber Bullying, E-crime and the Protection of Children and Young People - Advice for Families

More information can also be accessed via the DECD website:

<http://www.decd.sa.gov.au/speced2/pages/bullying/>

**Kids Helpline Free Call**  
1 800 551 800

## Littlehampton Primary School

### Anti Bullying Policy



**Everyone has the right to feel safe and be safe at school**

We practise the Super 7 and the IT STOPS STEPS to keep us safe. You can read about how to stay safe in this brochure.

### Our Super 7 Values

<b>Respect</b>	Respect for self and others Respect for property Showing good manners
<b>Kindness</b>	Caring for others Being aware of others' feelings Being friendly, helpful and thoughtful
<b>Being trustworthy</b>	Being a person others can rely on Trusting others Being honest and responsible
<b>Including others</b>	Making everyone feel part of the team Listening to others' opinions Cooperating with others
<b>Valuing others</b>	Accepting individual differences Acknowledging others' efforts Supporting and encouraging one another
<b>Fairness</b>	Treating others fairly Letting others know when they're being unfair Standing up for what is right
<b>A positive attitude</b>	Smiling at others and greeting them by name Thinking positively and doing our best Keeping a sense of humour

## Getting Along Together

Sometimes at school we feel other people don't treat us as we'd like to be treated. Sometimes this is bullying, and sometimes it's not bullying but is still behaviour we don't like. Learning to sort out differences is a big part of learning how to get along with other people in life. However, when this becomes bullying, there are serious consequences.

### What is Bullying?

At LPS we say that bullying is abuse of power, where a person or group use words or behaviour to hurt, upset, scare or shame another person. This could be doing something serious once (eg violence) OR something smaller lots of times (eg insults)

### Bullying can be:

#### Hurting someone physically

- ✿ pushing people over
- ✿ kicking, hitting or punching
- ✿ pinching, spitting, or pulling hair
- ✿ inappropriate touching
- ✿ forcing people to do something

#### Hurting someone verbally

- ✿ teasing or making fun of people
- ✿ using swear words
- ✿ name-calling or insulting people
- ✿ hurting people's feelings
- ✿ indicating that you don't like someone
- ✿ teasing based on sexuality
- ✿ threatening

#### Hurting someone through technology

- ✿ using emails, voice and text messages or photographic images to put someone down
- ✿ harassing someone on Facebook

#### Destroying people's things:

- ✿ breaking or stealing someone's toys
- ✿ taking people's lunch

#### Hurting people in other ways:

- ✿ writing mean notes
- ✿ a group picking on someone
- ✿ not letting someone play
- ✿ picking on someone continuously
- ✿ taking the ball away from someone

## At Littlehampton Primary School, we use the IT STOPS steps to sort out our differences:

### The IT STOPS steps:

- I** = IGNORE:  
Ignore it for awhile, and see what happens.
- T** = TALK:  
Tell them to stop.
- S** = SEE:  
Wait a while and see if it works.
- T** = TELL THEM:  
Tell them you'll speak to an adult.
- O** = OPEN UP:  
Open up and speak to an adult.
- P** = PERSIST:  
Speak to as many adults as you need to until it stops.
- S** = STOP:  
If you follow these steps the bullying WILL stop. ☺

### Remember:

Give eye contact and use 'strong' eyes.  
Use a strong, clear, calm voice.  
Try not to be angry when you speak.  
Speak confidently and firmly.  
Make sure that they've heard you.

### What can you do if you think you are being bullied?

If you have followed the IT STOPS steps and things are not getting any better, It is really important that you tell someone if this is happening to you. Tell a teacher or a friend or your parents. Keep telling people until it stops.

## What can you do if you see others being bullied?

Sometimes it is really hard to stand up for what you think is right, especially if it is your friend who is doing the wrong thing. Even adults have trouble with this! But if you see someone hurting someone else and you do nothing about it, you are part of the problem. If you see someone being bullied, talk to a teacher. If it continues, write it down on the Bully Audit. If we all work together, we can make things better for everyone.

## What can parents do if they think their child is being bullied?

We want to know if you think your child is being bullied. Your child may be being bullied if he or she:

- Refuses to go to school or finds excuses not to go (eg pretends to be sick)
- Has headaches or stomach aches
- Is emotionally distressed
- Has interrupted sleep patterns
- Has unexplained cuts or bruises

Sometimes students do not want to complain about what is happening, because they feel it will only get worse. We do not find that this is the case. In almost all cases of medium to serious level bullying, teacher intervention is needed to make it stop. In almost all cases when it is taken to this level parents and students report that things get better. Please do not approach the other child involved, but do contact your child's class teacher, the Principal or the Deputy Principal if you think your child is being bullied. If the bullying continues after you have spoken to us, please let us know so we can follow it up further.

If you have already raised the issue with the school and you feel as though your concern has not been resolved, you can contact the Regional Director to successfully resolve the matter: 8391 4705