

You can control what happens by following the ACTION PLAN

If you are being bullied or harassed in the playground...

- Take a deep breath
- Look directly into the eyes of the person attempting to bully you,
- Speak in a firm, clear voice and say loudly,
 1. **“NO**, I don't like it!”
 2. **GO** directly to the teacher (or the teacher on duty if you are in the playground) if the attempts to bully you don't stop and report what happened.
 3. **TELL** a friend if you need to.

Always be honest and accurate when telling about bullying

NO! GO! TELL!

Any further incidents of bullying or threatening behaviour by the same person may result in him/her...

- having privileges such as play withdrawn
- having parents contacted by the school
- following procedures outlined in the school's discipline procedures such as detention and suspension
- being referred to the school counsellor

If you witness bullying behaviour always challenge or report it.

*“Remember.. it's up to you!
Take control of the situation.”*

*“When students, parents and staff work together **we create a safe and caring** environment”*

Students! You can control what happens by:

- following the action plan,
- not retaliating with physical or verbal bullying
- telling someone, preferably an older person

Staff! You can control what happens by:

- being role models in words and actions
- ensuring students feel safe and valued
- ensuring students are listened to no matter how trivial it may first appear
- being observant of signs of distress or suspected incidents of bullying
- encouraging students to ask for help when needed
- reporting bullying to a member of the executive
- promoting bullying awareness through classroom programs

Parents! You can control what happens by:

- watching for signs of distress in your child
- listening to your child
- giving assurance and reassurance
- discussing the action plan with your child
- advising your child to tell a staff member
- informing your child's class teacher of suspected bullying
- attending interviews at school
- not taking actions into your own hands

The school! You can control what happens by:

- monitoring bullying on a regular basis
- by reviewing data gathered about student behaviour consulting within the school and region



Melrose Park Public School

Feeling safe and valued at Melrose Park Public School



Our school community is committed to providing a safe and secure environment promoting personal growth and excellence in all students. We do this by developing confidence, resilience and self esteem and by not accepting inappropriate behaviour such as bullying.



Bullying and harassment

“Bullying is when someone **intentionally and repeatedly** hurts or frightens another person. It occurs when people use or abuse power to trouble, annoy or harass another person. Bullying can be verbal, physical, social or psychological”

“You can control **what happens!**”

For example, bullying occurs when a person;

- is called names
- is threatened
- is put-down
- is teased
- is ridiculed
- has property hidden, damaged, or stolen
- is physically hurt
- is left out repeatedly
- is sent hurtful notes
- is singled out for unfair treatment
- is picked on
- has rumours spread about him or her; and/or is stalked or given dirty looks
- uses the internet and technologies inappropriately against another

If someone is bullied he/she ;

- may be confused and not know what to do about it
- may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated
- can have it affect school work
- can have it affect family and friends



“Do You **Bully?**”

- Do you tease, abuse, name call?
- Do you belong to a group which hurts or insults others?
- Do you stand silently watching others being hurt?

STOP

Stop what you are doing now!

THINK

Would you like it to happen to you?
How would you feel?
Is this the best way to play or behave?
How can I make it better?

DO

Go and play elsewhere
Go and play with others
Go and seek help

At Melrose Park Public School
we support students through:

- a strong discipline procedure
- an active Peer Support program
- encouraging students to use strategies taught during **STOP, THINK, DO** activities
- promoting a kindness ethos within the school
- creating positive classroom environments
- consistently rewarding positive behaviour and effort
- classroom-based Personal Development Programs
- the Child Protection Program
- the Drug Education Program
- the Life Education program
- class meetings
- a learning buddy system
- developing positive Student Leadership roles
- an active Learning Support Team
- awareness-raising of wellbeing issues at weekly meetings
- an active STUDENT VOICE
- a Values Education program
- relevant presentations by visiting performers
- teachers being presented with current knowledge in behaviour management