



# ST PIUS X COLLEGE

## CHATSWOOD

## WHOLE SCHOOL APPROACH TO BULLYING

<b>Stage 3</b> <b>Yrs 5 &amp; 6</b> <b>Junior School</b>	<b>Stage 4</b> <b>Years 7 &amp; 8</b>	<b>Stage 5</b> <b>Years 9 &amp; 10</b>	<b>Stage 6</b> <b>Years 11 &amp; 12</b>
<ul style="list-style-type: none"> <li>• Incursions – Trilogy:               <ol style="list-style-type: none"> <li>1. <i>Bully No More</i> – Focus Emotions</li> <li>2. <i>Return of the Bully</i> Focus Strategies</li> <li>3. <i>The Bully Strikes Back</i> – Focus Resilience</li> </ol> </li> <li>• 2 surveys – 1 each semester plus follow up</li> <li>• <u>Getaway Club</u> every Friday</li> <li>• <u>Ready, Set, You can do it</u> – to assist anxiety</li> <li>• Social Skills in curriculum, e.g. Religion topics – Reaching out in Justice (Yr 5), Breaking Down the Barriers (Yr 6). Health topics – Developing Good Friendships (Yr 5) and Developing Relationships (Yr 6)</li> <li>• Peer Support Yr 5 with Yr 11 leaders</li> </ul>	<ul style="list-style-type: none"> <li>• Guest speakers, e.g. Police Youth Liaison Officer</li> <li>• Peer Support with Year 11 leaders</li> <li>• 3 surveys – Terms 1, 2, 3 plus follow-ups</li> <li>• <u>Bullybusters</u>, a Brainstorm Production – Drama &amp; group debrief</li> <li>• Beauchamp Oval – occasional lunchtime release</li> <li>• <u>MindMatters</u> at form meetings</li> <li>• Chaplain/College Counsellors</li> <li>• Year 8 Camp/Pastoral Days (3 each year)</li> <li>• <u>Class Act</u> Drama for Year 8</li> </ul>	<ul style="list-style-type: none"> <li>• Guest speakers, e.g. Australian Media and Communications Authority</li> <li>• 3 surveys – Terms 1,2,3 plus follow-ups</li> <li>• <u>Verbal Combat</u> – Drama + group debrief Year 9</li> <li>• Year 10 Reflection Days – 1 per term – thematic topics</li> <li>• Social Justice topics in RE and attend EREA + Broken Bay CSO events</li> </ul>	<ul style="list-style-type: none"> <li>• Leadership, modelling and mentoring roles</li> <li>• Students at Risk Seminars</li> <li>• Year 11 Peer Support Leaders</li> <li>• Year 12 Senior Mentors + staff supervision</li> <li>• Retreats in both Year 11 and 12</li> <li>• Prefects/House Captains</li> </ul>

**Presentation to the P& F by  
Mr Rick Russo – College Counsellor**

## **ANTI BULLYING/STUDENT WELLBEING**

### **History Of Annual Initiatives**

#### **2008**

- SPX as a MindMatters school
- 3 surveys each year
- Investigate ON-LINE portal for reporting
- Kids Helpline Screensaver on Intranet
- Focus: Defining Bullying Behaviour and Appropriate Responses

#### **2009**

- Cybersafety Education – acma and other agencies
- Anti Bullying and Kidsafe Card distributed
- Senior Mentors/Mentees program begun
- MindMatters (Cont)

#### **2010**

- Cybersafety Education (Cont)
- Revamp College's House and House Competition – House Cup/Student Leadership opportunities
- Posters in H/Rooms (changed annually)
- Mentoring extended
- Focus: Positive Bystander Behaviour
- MindMatters Core Team established
- Introduction of on-line reporting of bullying – PORTAL
- Motivational Media Presentations, e.g. *'True North' – setting your compass for Life's Journey*

#### **2011**

- Buddies not Bullies' – whole school poster competition
- SPX – 'Anti Bullying' Policy reviewed
- Mentors/Mentees Program – targets 'At Risk' students

## **2012**

- SPX celebrates 'HARMONY DAY' and 'NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE' to consolidate whole school approach.
- Counsellors inserviced in 'SHARED CONCERN' approach to facilitate conciliation between bully/victim.
- School Focus – POSITIVE BYSTANDER BEHAVIOUR. Reporting procedures reinforced and promoted in Homerooms and year cohorts.
- STUDENT MM EMPOWERMENT TEAM established – Year 12 leaders.
- RUOK Day celebrated and linked to staff MOVEMBER Men's Health Issues/Fundraising.

## **2013**

- LET'S STAND TOGETHER' – Whole School focus. Visit by Matt Shirvington – Pastoral Care lesson.
- 'RUOK' DAY – facilitated by Student MM Empowerment Team.
- BUDDIES POSTER COMPETITION
- EXTENSION OF MENTORING 'AT RISK' STUDENTS - training for mentors and broaden activities, e.g. Bushwalks, Friday afternoon events



# Anti-Bullying Policy



*When does bullying occur?*

*Any time and anywhere!*

### **Bullying is:**

Intentional - Unprovoked - Repetitive behaviour meant to hurt, exclude, or 'put down' someone, individually or in a group.

**Bullying** can be in looks, actions or words.  
**Bullying** is not a joke. **It is unacceptable.**

### **Bullying could include:**

- Name Calling - Put Downs - Teasing - Intimidation - Intentional Exclusion - Swearing - Humiliating and Ridiculing - Stand-Over Tactics - Spreading Rumours
- Hitting/Punching - Misuse/Vandalism of Property

### **You are encouraging and co-operating in bullying by:**

- Providing an audience
- Not reporting
- Not supporting someone who is being bullied
- Passing on harassing notes or otherwise supporting 'bully' actions

### **Remember:**

If you see bullying and you do not do anything about it you are guilty also.

*If you are being bullied you can do something about it!*

### **Here's what you can do:**

#### **Positive strategies to help counter bullying**

- Be assertive: let the bully know how you feel firmly and honestly
- Avoid situations which lead to bullying
- Consider your behaviour
- Control/overcome fear
- Seek help from a trusted adult: parent, teacher, school counsellor

**Remember: It is OK to tell!**

### **How the College can help:**

#### **If you are being bullied, the College:**

- Provides ways for you to report and talk about what is happening (Anti-Bullying Card)
- Provides counselling
- Gives advice on how to handle the situation
- Maintains confidentiality
- Listens sympathetically and carefully and takes you seriously
- Supports you
- Investigates reported incidents of bullying
- Brings victim and bully together to work the situation through

*The message for bullies*

### **Consequences for bullies:**

- Interviewed by Year Co-ordinator and/or Deputy Principal
- Your parents/guardians are contacted
- Behaviour contract
- Counselling
- You will be involved with the victim in a 'work it through' process - you will have to listen to your victim's hurt
- Loss of privileges
- Detentions
- Suspension
- You might be asked to leave the school

### **If you are the bully, the College:**

- Provides counselling
- Helps you change your pattern of behaviour
- Supports you in your efforts to stop the bullying



St Pius X College  
Anti Bullying Card

➤ **What are bullying behaviours?**

<b>PHYSICAL:</b>	e.g. hitting, pushing, touching, kicking, vandalism
<b>VERBAL:</b>	e.g. yelling, swearing, name calling, gossip, threatening, ridiculing, put-downs
<b>EMOTIONAL:</b>	e.g. exclusion, hurting people's feelings, intimidation
<b>ICT:</b>	e.g. phone calls, texting, Cyber bullying

**What can I do?**

- Ignore it!
- Walk away
- Tell them clearly to stop
- Get help
- Consider my behaviour - assert 'positive bystander' behaviour

➤ **Who can I talk to if I'm being bullied?**

Report it and seek help from Senior Mentors, Homeroom Teachers, Guidance Co-ordinators, Counsellors, Deputy Principal

**What are the possible consequences of Bullying?**

**Continued bullying/harassment or the use of violence will lead to SUSPENSION and possible EXPULSION.**