**WHOLE SCHOOL APPROACH TO BULLYING**

<table>
<thead>
<tr>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
<th>Stage 6</th>
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<tbody>
<tr>
<td>Yrs 5 &amp; 6</td>
<td>Years 7 &amp; 8</td>
<td>Years 9 &amp; 10</td>
<td>Years 11 &amp; 12</td>
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<td><strong>Junior School</strong></td>
<td><strong>Years 7 &amp; 8</strong></td>
<td><strong>Years 9 &amp; 10</strong></td>
<td><strong>Years 11 &amp; 12</strong></td>
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<tr>
<td>- 2 surveys – 1 each semester plus follow up</td>
<td>- Peer Support with Year 11 leaders</td>
<td>- 3 surveys – Terms 1, 2, 3 plus follow-ups</td>
<td>- Students at Risk Seminars</td>
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<td>- Getaway Club every Friday</td>
<td>- Bullybusters, a Brainstorm Production – Drama &amp; group debrief</td>
<td>- Verbal Combat – Drama + group debrief Year 9</td>
<td>- Year 11 Peer Support Leaders</td>
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<td>- Ready, Set, You can do it – to assist anxiety</td>
<td>- Beauchamp Oval – occasional lunchtime release</td>
<td>- Year 10 Reflection Days – 1 per term – thematic topics</td>
<td>- Year 12 Senior Mentors + staff supervision</td>
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<td>- 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)</td>
<td>- MindMatters at form meetings</td>
<td>- Social Justice topics in RE and attend EREA + Broken Bay CSO events</td>
<td>- Retreats in both Year 11 and 12</td>
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<td>- Peer Support Yr 5 with Yr 11 leaders</td>
<td>- Chaplain/College Counsellors</td>
<td>- Year 8 Camp/Pastoral Days (3 each year)</td>
<td>- Prefects/House Captains</td>
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<td>- Class Act Drama for Year 8</td>
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Presentation to the P&F by Mr Rick Russo – College Counsellor
## ANTI BULLYING/STUDENT WELLBEING

### History Of Annual Initiatives

<table>
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<tr>
<th>Year</th>
<th>Initiatives</th>
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| **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
**ST PIUS X COLLEGE**  
**Anti-Bullying Policy**

**When does bullying occur?**

**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

**Any time and anywhere!**

**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

**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

**The message for bullies**

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
What are bullying behaviours?

- **PHYSICAL**: e.g. hitting, pushing, touching, kicking, vandalism
- **VERBAL**: e.g. yelling, swearing, name calling, gossip, threatening, ridiculing, put-downs
- **EMOTIONAL**: e.g. exclusion, hurting people’s feelings, intimidation
- **ICT**: 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.