

# ANTI-BULLYING POLICY

## **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
- 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

