WE CAN DO IT

What to look for if you think your child is being bullied:

- Excuses being made for not going to school.
- Not wanting to go out into the playground.
- Withdraws and isolates him/herself.
- Teariness.
- Having trouble getting to sleep.

Parents/Guardians

What can I do?

- Listen to your child and take his/her feelings and thoughts seriously (remember that your child can only present their view).
- Discuss recommended strategies.
- Arrange a time to speak with the class teacher and discuss your concerns.
- Arrange a time to speak with the student welfare officer, assistant principal or the principal.

WE DO NOT ACCEPT

At Morwell Park Primary School we DO NOT accept bullying!

Our beliefs and expectations are that students will be:

- Safe and thoughtful.
- Respectful to everyone and everything in our school.

We endeavour to:

- Provide a safe working environment for staff, students and community members.
- Promote positive relationships based on honesty, respect and inclusiveness.
- Provide a positive and caring learning environment.

WE CAN DO IT
Bullying is defined as…
“Repeated exposure to negative actions by one or more persons.”

Bullying takes many forms:
- **Verbal** (repeated threatening comments or put downs)
- **Physical** (repeated acts of violence)
- **Social** (repeated attempts to exclude others from the group)
- **Psychological** (repeated actions to belittle others)
- **Cyber** (use of electronic media to post threatening or demeaning comments)

What should I do if I feel that I am being bullied?
- Be confident
- Think positively

Some strategies to use:
**Identify:**
- What is really happening
- What you are thinking
- How this makes you feel

**Use positive self talk. Reflect on and strive to :**
- Be independent
- Accept yourself
- Take risks

If the issue continues, talk to…
- Your parents
- A teacher
- The principal
- Junior School Council member
- An older student
- A buddy
- A person in your grade

When we know and share the problem we can then help solve it.

What would I do if I see or hear that others are being bullied?
- Support the person who is being bullied and encourage him/her to do something about it.
- Be confident. Tell the bully that it is not right
- Tell an adult

_Telling the school about an incident of bullying does not make it worse._

What should I do if I am a bully?
- Think about how you’d feel if you were being bullied
- Ask why I am doing it
- Set yourself a goal to stop being a bully
- Talk it over with someone else
- Change your ways!