

## 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

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## OUR FUTURE TOGETHER

through,

*Co-operation, self discipline  
and respect.*

## WE DO NOT ACCEPT



## 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!