



**ILLAWARRA**  
Primary School | Caring for People

An Independent Public School

# Statement on Bullying

## Information for Students and Parents

Illawarra Crescent North, Ballajura WA 6066

Telephone: (08) 9249 1296 • Facsimile: (08) 9249 4517

Email: [illawarra.PS@education.wa.edu.au](mailto:illawarra.PS@education.wa.edu.au)

Kindy/Pre-Primary: (08) 9249 1177 • Kindergarten: (08) 9249 8589

[www.illawarraps.wa.edu.au](http://www.illawarraps.wa.edu.au)

All children should be able to feel safe and valued in our school community.

The School Board of Illawarra Primary has produced a “Bullying Policy” to assist in maintaining a school environment which is free from any form of harassment and intimidation.

### **What is Bullying?**

Bullying is any wilful, conscious behaviour intended to hurt another person. It is often of a repetitive nature.

It is not just physical. It is emotional as well as social.

### **Forms of Bullying**

Bullying may take many forms. Some examples are:

- Making hurtful and racist comments.
- Commenting on social/family backgrounds.
- Referring to religious beliefs and practices.
- Picking on others.
- Unwanted touching, hitting, teasing, abusing and mocking.
- Spreading rumours.
- Attempting to intimidate, threaten or belittle.
- Deliberately excluding from activities.
- Intimidating by taking or damaging property.

### **What to do if you are being bullied**

Believe in yourself and your right to feel safe and valued.

- Try not to retaliate by becoming a physical or verbal bully yourself.
- You could try to ignore the bullying. If you show that you are not upset, the bully may stop.
- Tell the bully to “go away” or “stop it”.
- Use humour.
- Get away from the situation. Outside of school, Go to a Safety House.
- Be smart by avoiding high risk places and times.
- Try to be friendly at all times.
- Don’t be afraid to talk about it with your family, friends or teachers. They can help you decide how to handle the situation or they can take action.

If the bullying continues you don’t have to accept it, tell an adult.

### **Everyone has the right to feel safe and happy at school**

## **Are you a bully?**

If you keep doing or saying things to others that hurt or make them feel upset, angry or embarrassed, then that is bullying or harassment. Sometimes you don't mean to hurt people but if the other person doesn't like it, you must stop. Sometimes what you think is funny makes someone feel sad.

If you wouldn't like it, don't do it to someone else.

## **If you witness bullying?**

If you witness someone being bullied we hope you feel brave enough to help them or be able to find an adult who can help them.

It's important we all work together to prevent bullying at Illawarra.

You could:

- Offer friendship and support to the victim and encourage them to get help.
- If you can, intervene while the bullying is happening by saying "leave them alone".
- Report serious incidents to teachers or parents as soon as you can.

**Under no circumstances should anyone use physical force.**

## **For Parents**

### **Signs of Bullying**

- Sudden unwillingness to attend school
- Declining academic performance
- Decline or total loss of self-confidence
- Lack of or loss of interest in social events.

## **How can you Help?**

- Show interest in your child's school, social, sporting and cultural life.
- Offering a warm and friendly home environment where your child is encouraged to bring friends home.
- Encouraging your child's self-esteem by saying and doing positive things. Notice their positive qualities and value them for who they are.
- Discuss the school's expectations about behaviour and how to best deal with bullying.
- Being observant and looking out for the tell-tale signs that something is wrong.
- Inform the school immediately if you become aware of any bullying incident so it can be dealt with.

## School strategies to prevent bullying

Illawarra Primary School aims to ensure that all students develop an ability to work cooperatively and a respect for the rights of others.

Raising awareness about bullying is a part of improving student cohesiveness and cooperation.

### Prevention Strategies

- All classes will have lessons about bullying with the aid of specific resource kits.
- Have rewards for positive behaviours.
- Use informative and positive posters.
- Ensure school rules are known and visible.
- Have Special Days – eg Friendship Day.
- Ensure good use of school ground space for all.
- Use of School Psychologist and Chaplain.

Illawarra Primary School has very clearly defined school rules and if a student is found to be bullying or directly breaking the rules the school discipline policy will be strictly adhered to:

Our priorities will be:

- To offer support and counselling to the victim of the bullying.
- To help bullies learn more positive behaviours.

