

When students, parents and staff work together we create a safe and caring environment.

## We support students at Chatswood Public School through:

**Students!** You can control what happens by...

- Following the action plan
- Not retaliating with physical or verbal bullying
- Telling an older person.

**Parents!** You can control what happens by ...

- Watching for signs of distress in your child
- Listening to your child
- Giving assurance and support
- Discussing the action plan with your child
- Advising your child to tell a staff member
- Informing your child's class teacher of suspected bullying
- Attending interviews at school.

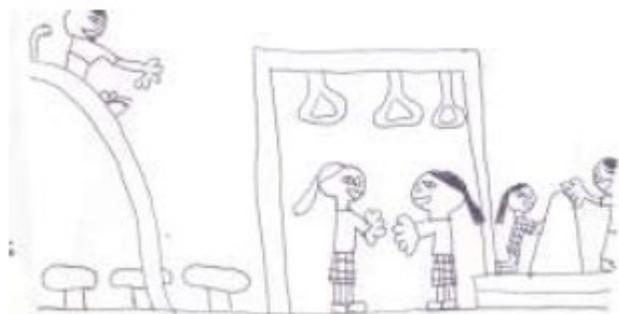
**Staff!** You can control what happens by ...

- Being a role model in words and actions
- Ensuring students feel safe and valued in the classroom
- Listening to students
- Being observant of signs of distress or suspected incidents of bullying
- Encouraging students to ask for help when needed
- Following the action plan
- Reporting bullying to an executive staff member or the Learning Support Team
- Promoting positive self image and self esteem
- Building students capacity and ability to form positive relationships.

- The Active Citizenship Program
- Classroom based Personal Development programs
- The Child Protection Program which aims to assist students in developing skills in recognising and responding to unsafe situations and seeking assistance
- The Learning Support Team
- The Student Representative Council
- Caring and committed staff ensuring students' rights are respected and responsibilities accepted
- The ongoing partnership between staff and parents promoting inclusiveness and nurturing individuality.

### Help stop bullying

**Stand up and speak out!** If you see or know about bullying happening to a friend, **support them and report the bullying.** You'd want them to do the same for you.



# A Zero Tolerance to Bullying

At Chatswood Public School we believe school should be a place where:

- everyone cares for himself or herself and for others
- everyone accepts one another and feels accepted
- everyone is different and difference gives us strength
- everyone can learn and grow
- everyone can have fun and share happiness.

**You can control what happens!**



Excellence in a caring and enriching environment

Tel: 94196127  
Fax: 94151241

Email: [chatswood-p@det.nsw.edu.au](mailto:chatswood-p@det.nsw.edu.au)  
Website: [www.chatswood-p.schools.nsw.edu.au](http://www.chatswood-p.schools.nsw.edu.au)

## What is Bullying?

Bullying is an intentional repeated behaviour by an individual or group causing stress or undue pressure to others. It is usually a conscious desire to hurt, threaten or intimidate someone. This may be done physically, verbally, psychologically or using technology. For example, bullying occurs when a person

- is called names
- is threatened
- is put-down
- is teased in an unkind way
- is ridiculed
- has property hidden, damaged, stolen or destroyed
- is physically hurt
- has graffiti written about him or her
- is left out
- is sent hurtful notes, emails
- is singled out for unfair treatment
- is picked on
- has rumours spread about him or her
- is stalked or given dirty looks.

Cyber bullying can be carried out through

- email
- chatroom
- discussion or group forum
- instant messaging
- social networking websites such as Bebo, Facebook, etc
- text and picture messaging
- video clips and phone calls.

If someone is bullied he or she

- may be confused and not know what to do
- may feel sad, frightened, unsafe, sick, embarrassed, angry or unfairly treated.

## Bullying / Harassment

Bullying is an interaction which may be used to establish group identity, dominance and status. Consequences are necessary if bullying occurs. However, the bullying behaviour may return when the consequences are removed.

The ideal is to promote internal change. We need to develop higher values such as empathy, consideration and unselfishness, where students are motivated to act positively according to their values rather than fear of consequences.

## What can you do to protect your child from cyber bullying?

- Talk to your child
- Discuss online safety and reassure your child that you are there to help if they need it
- Provide safe and supervised access
- Keep your family computer in a high traffic area so you can keep an eye on your child's technology use
- Install safety software on your computer
- Monitor technology use
- Take an interest in what your child is doing online
- Remind your child of 'stranger danger', they might think they are talking to another child but it could be an adult
- Get involved and be aware
- Has your child's behaviour changed recently? Are they spending more or less time online?
- Encourage your child to come to you if anybody says or does anything to make them feel uncomfortable.

## You can control what happens by following the ACTION PLAN

If you are being bullied or harassed...

- Take a deep breath
- Look directly into the eyes of the person attempting to bully you
- Speak in a firm, clear voice and say loudly "Please stop that, I don't like it!"
- Go directly to your teacher (or the teacher on duty if you are in the playground) if the attempts to bully you don't stop, report what happened again.

Any further incidents of bullying or threatening behaviour by the same person may result in him or her...

- Sitting in a time out area in the playground or classroom
- Taking time out to consider more appropriate behaviour
- Being referred to an executive staff member or the Learning Support Team
- Having parents contacted by the school and informed of the bullying behaviour
- In-school or out of school suspensions.

**If you witness bullying behaviour always challenge or report it.**

**Remember ... it's up to you!  
Take control of the situation.**