



## Sunbury College Bullying/Harassment Policy

### *Strategies for Students to deal with Bullying*

Bullying is when a person, or a group of people, upset or harm another person, either psychologically or physically by targeting their property, reputation or social acceptance.

**There are three broad categories of bullying:**

#### **Direct physical bullying**

This includes repeatedly hitting, tripping and pushing, or damaging someone's property

#### **Direct verbal bullying**

This includes repeated name-calling, insults, homophobic or racist remarks and verbal abuse.

#### **Indirect bullying**

This form of bullying is harder to recognise and is often carried out behind the bullied persons back. It is designed to harm someone's social reputation or cause humiliation.

Indirect bullying includes:

- Lying or spreading rumours
- Playing nasty jokes to embarrass and humiliate
- Mimicking
- Encouraging others to socially exclude someone
- Damaging someone's social reputation and social acceptance
- Cyber-bullying, which involves the use of email, text messages or chat rooms to humiliate

#### **W**hat you might be experiencing:

- ♦ An unwillingness to go to school
- ♦ Illness at the prospect of going to school
- ♦ Feeling sick or upset in the stomach
- ♦ Difficulty concentrating on your school work
- ♦ Becoming withdrawn or losing confidence
- ♦ Teariness
- ♦ Disturbed sleep
- ♦ Feeling threatened
- ♦ General unhappiness
- ♦ Aggression and/or unreasonable behaviour with others

## **W**hat should you do if you are bullied?

Every incident of bullying is different, but there are some basic guidelines you can use if you are bullied:

- ◆ Firmly ask the bully to stop what they are doing.
- ◆ Ignore the comments and walk away.
- ◆ Walk calmly to a safer area (towards a teacher or another group of people).
- ◆ Talk to someone or write down what is occurring and give it to your Form Teacher or another staff member with whom you feel comfortable.
- ◆ Talk to friends or parents about the best way to deal with the situation.
- ◆ Talk to a Sub School Co-ordinator or Student Wellbeing Co-ordinator.

## **W**hat should you do if you witness someone being bullied?

If you see someone being bullied you need to take action, but never put yourself in danger.

- ◆ Encourage the student being bullied to walk away from the situation.
- ◆ Listen to the person being bullied.
- ◆ Reassure the student being bullied that they do not have to put up with this behaviour.
- ◆ Encourage the student to talk to a teacher, Sub School Co-ordinator, Wellbeing Co-ordinator or Chaplain.
- ◆ Firmly explain to the people bullying that their behaviour is not acceptable or amusing.
- ◆ Ignore rumours and negative comments about other people.

*Remember you have a right to be safe and you do not have to put up with being bullied!*

## **How do I find extra help?**

Kid's help line

Phone: 1800 551 800

Visit the following websites:

Sunbury College      [www.sunburysc.vic.edu.au](http://www.sunburysc.vic.edu.au)

Bully No Way        [www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

Reach                    [www.reach.org.au](http://www.reach.org.au)