Northfield Primary School - Anti Bullying Policy

Our school does not tolerate bullying and expects all members of the School Community to treat each other with respect and dignity. At Northfield Primary School we follow the principles of the Peace Code. Our 7 Peace Code messages support students to be confident, creative lifelong learners. They support the community to be Peace Leaders.

Our Peace Code:

⊙ Care for myself and others
⊙ Find Help

⊙ Do the right thing
⊙ Turn things around
⊙ Be a Peacemaker

⊙ Speak kindly
⊙ Be brave

Bullying

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious or hidden.

Some conflicts between children are a normal part of growing up and are to be expected. Single incidents and conflicts or fights between equals, whether in person or online, are not considered bullying, even though they may be upsetting and need to be resolved.

Bullying can happen:
- face-to-face - eg pushing, tripping, name-calling
- at a distance - eg spreading rumours, excluding someone
- through the internet - eg use of SMS, email, snap chat, Instagram, fake accounts, chats in games (Fortnite) or any new app.

Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers and children may be reluctant to report bullying. You can support your child by listening to them, encouraging them to "Find Help" and talking with family, friends and educators.

Online bullying

Online bullying is sometimes called cyber-bullying and carried out through the internet or mobile devices. Children who are bullied online are also often bullied face-to-face.
Examples of online bullying include:
- repeated hang up calls
- sending insulting or threatening text messages
- publishing someone's personal or embarrassing information online
- creating hate sites or starting exclusion campaigns on social networking sites.

Online bullying is one potential cyber safety issue for children when they use computers and mobile phones. Learn more about cyber safety at eSafety Commissioner or the Bullying No Way websites. They have lots of helpful suggestions and tools for families can be found here.

https://www.esafety.gov.au/

https://bullyingnoway.gov.au/

Tips to help your child if they are being bullied or harassed

Sometimes children don't want their parents to become involved and are afraid of the consequences if they tell you and the person doing the bullying finds out.

Let your child know that telling you (Finding Help) about the bullying or harassment was the right thing to do, that you will take the bullying seriously and that you can help.

Stay calm and positive

It can be upsetting when your child is being bullied. You might need to draw on your own networks to get support for yourself while you are helping your child. Focus on identifying a solution with your child. You'll need to consider what you know about your child and the details of the situation to make the best decision for your child.

Talk with your child

Find out what has happened, who was involved, where it happened and if anyone else saw, read or heard it. Discuss strategies with your child and set a short period of time to see if they resolve the situation if they want to deal with the bullying themselves.

Encourage your child:

- to walk away (ignoring bullies takes their power away)
- try to act unimpressed or unaffected (again taking the bullies power away)
- FIND HELP
- to explain to you who is on their network and who they can go to for help
- to say 'No!' firmly. Or "We speak kindly at Northfield"
- to talk to the teacher or other staff, eg. SSOs, Leaders or Pastoral Care Worker about the bullying

To support your child Northfield Primary provides a variety of education lessons and interventions to deal with Bullying.

- Mandated Teaching of the Child Protection Curriculum to support understanding their rights and responsibilities. The CPC curriculum also helps students understand the effect of bullying and the connection to power in relationships
- Using the curriculum to teach students about respect and peaceful relationships. We set high expectations and actively teach to the Peace Code.
- Using the Neuroscience knowledge to develop self-regulation strategies.
- What's the Buzz interventions for younger students with social or emotional gaps in play
- Boys club to support young men in dealing with anger
- Police presentations in regards to bullying and the law
- Constant connection in the curriculum, modeling and problem solving

Targeted intervention strategies include:

- Counseling students who have been bullied
- Providing a range of support strategies for students—supported in the yard, direct supervision, check ins, cool off cards
- Counseling students with bullying behaviours
- Conference with students involved to make agreements, set boundaries and repair relationships
- Restricting play and activities
- Following the Department of Education Behaviour Policy
  https://www.education.sa.gov.au/doc/behaviour-support-policy

More information for families can found at the following websites:

https://bullyingnoway.gov.au/

https://www.esafety.gov.au/

https://www.youthbeyondblue.com/

Kids Help Line 1800 55 1800

https://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa