

Northfield Primary School Anti-Bullying Policy

Overview

Northfield Primary School believe all children have the right to feel safe all the time. This happens in a safe, secure and well planned environment. Children are active participants in their learning, Northfield Primary School promotes a positive learning environment that promotes optimum learning, trust and respect and includes developmentally appropriate behavioural expectations. Children's physical, social, emotional, cognitive and spiritual wellbeing are paramount to their successful development.

Northfield Primary School does not tolerate bullying and expects all members of the school community to treat each other with respect. We follow the principles of the Peace Code which supports students to be confident and creative lifelong learners.

Care for myself and others

Do the right thing

Speak kindly

Find help

Turn things around

Be brave

Be a peacemaker

What is 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** such as teasing, conflicts or fights between children, whether in person or online, are not considered bullying, even though they may be upsetting and need to be resolved.

Bullying may involve:

- *Verbal bullying*: repeated use of words to hurt or humiliate another individual or group. This includes using putdowns, insulting language, name calling, swearing, nasty notes, verbal harassment and homophobic, transphobic, racist or sexist comments.

- *Emotional/psychological bullying*: includes repeated threats or implied threats, unwanted texting or emailing, abusive websites, threatening gestures, manipulation, emotional blackmail and threats to an individual's reputation and sense of safety.
- *Physical bullying*: includes repetitive low level hitting, kicking, pinching, punching, tripping, 'ganging up', and unwanted physical or sexual touching and damage to personal property.
- *Relational bullying*: Usually involves repeatedly excluding others by leaving them out or convincing others to exclude or reject another individual or group, making up or spreading rumours, and sharing or threatening to share another's personal information. This also includes discriminating against a person's disability, religion or gender differences.
- *Cyber bullying*: Involves the use of information and communication technologies such as sending threatening or insulting emails and text messages to individuals or groups, repeated hung up calls, 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.

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.

What is not bullying

- Teasing which is done in mutual fun and jest, where all individuals are involved and feel capable of responding.
- Fighting between two students is a serious concern involving violence, it is not bullying unless it is recurring and deliberate abuse of power over a period of time.
- Single incidents or a 'once off' conflict although upsetting is not bullying.

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

Sometimes children do not 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 or '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.

Staying 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 will 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 or if they want to deal with the bullying themselves.

Encourage your child:

- to walk away, by ignoring bullies takes their power away
- try to act unimpressed or unaffected
- 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, e.g. 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 (CPC) 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:

- Counselling 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.kidshelp.com.au/)

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

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

<https://bullyingnoway.gov.au/>



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