

ST AGNES' PRIMARY SCHOOL

STRATEGIES FOR DEALING WITH BULLYING

What sort of Behaviour do we classify as bullying?

Any definition of bullying must state that it is

- Repetitive
- Powerful against the powerless
- Can be physical, verbal or indirect

State the behaviours that are considered to be bullying.

PHYSICAL BULLYING:

Physical Bullying includes hitting, kicking, rude gestures, extortion, pushing and shoving, taking or damaging belongings, i.e. any form of physical behaviour which deliberately hurts others or their property.

VERBAL BULLYING:

Verbal bullying includes name calling, insulting, repeated teasing, racist remarks, threatening and any form of verbal behaviour designed to hurt another.

PSYCHOLOGICAL BULLYING:

Psychological bullying includes spreading nasty rumours, excluding someone from a group and isolating someone by preventing others from befriending them.

It is important to remember that bullying is based on threat and fear. Once a pattern is set up, the bully has to do very little to produce fear in the victim and this cycle is very difficult to break.

Identifying the Victims of Bullying - the Warning Signs:

- Lack of self esteem
- Unhappy, depressed
- Reluctant to attend school schoolwork may be suffering
- Stress leads to stomach aches
- Anxiety attacks, nightmares.

Protect Children against Bullying

- Teach students the skills for empowering themselves and give them the opportunity to practice those skills
- Openly discuss Bullying within the classroom
- Foster a culture of respect and support for others
- Implement a "Social Behaviour Skills Program" Term 1 of each year.

Action Planning:

- Early intervention and awareness
- Inform Principal, Assistant Principal and Class teacher
- Withdraw aggressive child
- Children involved to be given the opportunity to express their feelings in relation to situation
- Allow children to have a say about positive resolution to situation
- Inform parents of both children.