## IF YOUR CHILD IS BEING BULLIED OR HARASSED

Step 1 Listen carefully to your child's reports of being bullied. Take the problem seriously but stay calm.

If you believe the bullying is serious and your child is at risk, contact the school and speak to the head teacher and/or the deputy principal.

Step 2
Encourage your child to tell the bully to stop if they haven't already done so.
Don't encourage your child to hit the bully. Violence does not solve the problem.

Step 3 Encourage your child to tell a teacher, Crew leader, year advisor or head teacher about the bullying or harassment.

If your child is not comfortable telling an adult at school:
Contact the school and speak to your head teacher and/or the deputy principal to discuss the situation.

Step 4
Keep talking to your child about the situation and stay in contact with the school so the issue can be resolved.

### Bullying

Bullying behaviour has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm. Reference: NSW Department of Education.

Our school rejects all forms of bullying behaviours, including online (or cyber) bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing. Executive staff are committed to establishing evidence-based approaches and strategies that promote a positive climate where bullying is less likely to occur.

### School Culture and Inclusion

All members of the school community are active participants in building a welcoming school culture that values diversity and fosters positive relationships.

### Partnerships with families and community

Our school proactively builds collaborative relationships with families and communities to create a shared understanding of how to support student learning, safety and wellbeing.

### Support for wellbeing and positive behaviours

Our school's practices support student wellbeing and positive behaviour approaches that align with our school community's needs.

### **Contact People**

Principal: Melissa Giddins
Deputy Principal: James von Stieglitz
School Counsellor: Zahira Tolhurst
Student Support Officer: Vanessa Blizard

### Year Advisors

Year 7: Jess Page

Year 8: Susie Hall / Michelle Wells

Year 9: Alyce Regan

### **Head Teachers**

Head Teacher Administration:
Head Teacher English:
Head Teacher Mathematics:
Head Teacher Teaching and Leaning:
Dan Jones
Ranay Henderson
June Cassidy



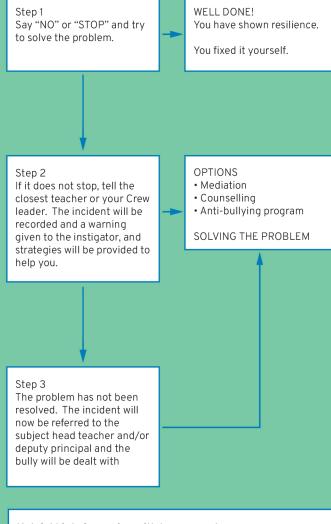
# Bungendore High School Anti-Bullying Plan

Bungendore High School 02 6238 8400 bungendore-h.school@det.nsw.edu.au

### IF YOU ARE A BULLY

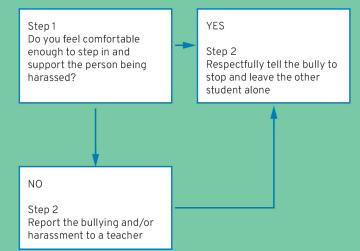
### WELL DONE! Step 1 STOP, when asked to stop. You stopped! Try to solve the problem vourself. THINK! What did I do to upset someone? Was I breaking the school rules? Why am I a bully? **OPTIONS** Step 2 Mediation You didn't stop. YOU WILL BE REPORTED to a staff Counselling Anti-bullying program member, the incident will be recorded on your profile and SOLVING THE PROBLEM a warning given. Your parents will be informed. Step 3 Your behaviour hasn't changed! You will be reported to the subject head teacher and/or the deputy principal and your parents will be informed. Step 4 After consequences you will SUSPENSION CONSEQUENCES be expected to:

### IF YOU ARE BEING BULLIED **OR HARASSED**



- them angry with you.
- Be respectful in online interactions and careful with your

### IF YOU WITNESS BULLYING **AND HARASSMENT**



### Positive behaviour expectations

At Bungendore High School we strive to be productive, empathetic members of our connected, global community. We have a set of Positive Behaviour Expectations that are embedded into the daily lives of our students at Bungendore High School.

The positive behaviour expectations are for all our students to be Engaged, Responsible, Compassionate and Respectful.



### Helpful hints for coping with harassment

- Resolve conflict with calm words and try for a win/win outcome. Leadership involves compromise.
- Never pass on gossip, this can be hurtful to others and make
- · Never allow yourself to be drawn into harassing others, this could lead to retaliation against you.
- Use protective actions; stay in groups in the playground and avoid 'out of bounds' areas.
- social media.