

Biloela State High School

BULLYING – NO WAY

This policy is in line with Education Queensland's Policy - Safe, Supportive and Disciplined School Environment

Report Teasing and Bullying and Keep Reporting it

Through positive actions, we aim to create a safe and friendly learning environment by the reduction of harassment or bullying to make school an enjoyable place for all students and staff.

Young people naturally tease each other. This can become hurtful if it is repeated and this then becomes Bullying. Students must become aware of the impacts of their words and actions on others to avoid them being seen as a bully.

Bullying is **repeated** and **intentional** hurt/harm inflicted on someone by the words or actions of another person or persons. Students, parents, school support staff and school leaders, working in partnership, will have the most significant impact on reducing bullying and we will work on improving self-esteem, mental and physical health to keep us on-track for learning.

Teasing and bullying affects teaching and learning at school. It has an effect on everyone, whether directly involved in the bullying or not. Victims of bullying can feel many negative feelings. Students who watch others being bullied can be upset when they see others bullied and can become embarrassed and hurt. They may worry they may be bullied themselves.

Teasing and bullying can take many forms:

Verbal/Face-to-Face

- Name calling/teasing
- Threatening, or
- Ridiculing another person's appearance, physique or actions, religion, race, colour.

Physical/Face-to-Face

- Pushing, poking, shoving, spitting or gestures
- Damaging property, or
- Extortion

Indirect/Distant

- Spreading rumours, gossip
- Hiding property
- Ignoring, excluding or
- Inappropriate use of mobile phones, text messages and internet communications (Cyber)

We will Act to Stop Teasing and Bullying

Biloela State High School staff members **will act to stop** teasing and bullying in any form.

Actions for Students

If you are being teased or bullied, you must do something about it:

1. Be Assertive with the person teasing or bullying you

- Actively ignore them and try not to react, say the wrong thing or swear - Stay cool!
- Use an "I" statement: "I don't like what you are doing!"
- Distract them on to another topic: "let's talk about something else"
- Remove yourself from the situation.

2. Asking for Help

- Tell your parents or a trusted friend
- Seek help from your most trusted teacher, Administration member, Year Coordinator, Chaplain or the Guidance Officer
- Tell them what the problem is and what you have tried to do to deal with it
- There are a number of things that adults in the school can do to help

- Your Year Level Coordinator, Chaplain, School Nurse, Guidance Officer or Deputy Principal can talk to you about good ways to help yourself.

3. Tell your Parent/Carer

No matter how you decide to handle the problem it is a good idea to let your parent/carer know what is happening. They can support you no matter what action you take.

4. Make a Formal Complaint

Making a formal complaint means putting the problem in writing and giving it to your teacher, Year Level Coordinator, Deputy Principal or Principal.

Share all the information about the teasing or bullying, when it started, what you have done.

5. If you report Bullying and it happens again, You MUST report it again and keep reporting until the problem is solved.

IF YOU SEE OR HEAR TEASING OR BULLYING HAPPENING

- Don't get pressured into joining in on the teasing/bullying/harassing
- Say, "I wouldn't like that if you were doing that to me!" "Let's do something else".
- Tell a teacher or report it to your Year Level Coordinator so something can be done about it
- Never ignore the situation