For further information access these web sites:
www.kidshelp.com.au
www.bullyingnoway.com.au
www.racismnoway.com.au
www.beyondblue.org.au
www.headroom.net.au
For information regarding cyber bullying access these web sites:
www.netalert.net.au
www.cybersmartkids.com.au

Contact Numbers
Kids Help Line  1800 55 1800
Youth Health Line  1300 13 1719
Life Line  131114
Principal and heads of South Australian Schools can provide advice regarding bullying in schools.
Catholic Schools also provide information through parish offices and Centacare www.centacare.org.au
or phone 8210 8200

Students, teachers and youth workers involved with this publication acknowledge the Kaurna People as the traditional custodians of the Adelaide Plains region.

This publication has been developed through the Five Schools Project in collaboration with Shopfront Youth Health and Information Service 08 8252 2474. Students and staff from:
Craigmore High School
Fremont Elizabeth City High School
Parafield Gardens High School
Smithfield Plains High School
The Heights School

Designed by students and staff from The Heights School.
Don’t take it!
You have the right to be safe at school.

Don’t do it!
Help make our school a safe and caring environment for everyone.

Be part of the solution not part of the problem. A bystander is an onlooker or spectator to bullying and harassment. As long as you feel safe, you could:

- Tell the person that you will tell a teacher if they continue;
- Go and tell a teacher immediately;
- Tell the person who is bullying/harassing to stop;
- Encourage your friends to respect fully tell the person to stop;
- Help the person who is being bullied to get away from the situation;
- Talk with your friends about taking a stand against bullying and harassment.
DO YOU BULLY OR HARASS?

If you hurt, upset, scare or shame another person a teacher must respond. This response will depend on the seriousness of your behaviour. You will be given fair opportunity to show that you are willing to take responsibility for your behaviour.

Listen to the effects of your behaviour. Show that you are sorry for what you did. Make suggestions to help repair harm or damage. We may offer you counselling, skills training and special programs to help you stop bullying and harassing. This may include meetings with your parents.

If you continue to bully and harass you will face more serious consequences according to our school’s Behaviour Management Policy.

Bullying is abuse of power, where a person or group use behaviour to hurt, upset, scare or shame another person.

Harassment is unwanted and unwelcome behaviour that is usually but not always repeated.

Bullying and harassment at school can involve students, teachers, school support staff and parents.
Bullying & Harassment happens in different ways:

- Physical: hitting, pushing, touching, rubbing, grabbing, spitting, taking/damaging property, using a weapon;
- Sexual: any unwelcome written, verbal or physical contact of a sexual nature;
- Verbal & Written: spoken or written insults, threats, suggestive comments, name-calling, unfair criticism, rumour spreading;

The steps to make it stop:

A teacher must respond if they see or hear about bullying or harassment. Our school’s Behaviour Management Policy is there to support you. Teachers will deal with bullying and harassment in different ways depending on how serious it is.

Step 1: If safe tell the person or group to stop.

if bullying or harassment continues

Step 2: Tell a parent, teacher, friend, youth worker or someone you trust and/or write a bullying and harassment incident report and give to a teacher, school counsellor, student services or a year level manager.

Step 3: Strategies to intervene include counselling for students who are bullied and who bully (applying consequences as necessary), conferences and agreements to support safety and respect, assertiveness and conflict management skills, suspension, talking with parents/caregivers etc.

if bullying or harassment continues

Step 4: Revisit Step 2 if it continues or happens again. Never give up! People who continue to bully or harass will face more serious consequences.

if bullying or harassment continues

Step 5: Make a complaint directly to a year level manager. They will ensure follow up.
If it happens to you......

- Think of ways to stay safe
- If it’s safe tell the person to stop
- Respond respectfully
- Don’t react, explode or take revenge
- Tell a teacher, school counsellor, parent or friend
- Ask teachers, parents and friends for help
- Tell yourself that you never deserve to be bullied or harassed
- Report the bullying and harassment as soon as it happens
- Follow the steps to make it stop

looks, stares, facial expressions, hand signs;

using emails, voice and text messages, photographic and video images;

using pictures, tags or words;

forming groups to leave out, ignore and disrespect;

influencing or organising someone else to bully or harass.
**Discrimination**

Discrimination in schools is against the law and harms relationships. Bullying and harassment can be about discrimination based on a person’s:

- **Sex** - being female or male;
- **Gender** - acting masculine or feminine;
- **Cultural and spiritual identity/race/ethnicity** - cultural beliefs, religion, language, heritage, clothes, food, skin colour or physical appearance;
- **Appearance** - body shape and size, clothes and accessories;
- **Disability** - physical, intellectual, medical or psychiatric disability;
- **Financial status** - how rich or poor;
- **Age** - how old.

**Where can bullying & harassment occur?**

- In the school yard or on the oval
- In the classroom
- On the way to and from school
- On excursions and camps
- In the corridors
- At the lockers
- At the toilets
- On phones and computers
- Or anywhere at school