

The Important Role of Parents

As parents you can:

- Be aware of the signs of distress in your child, eg. Unwillingness to attend school, a pattern of illness, missing equipment, requests for extra money, damaged equipment or clothing
- Take an active interest in your child's social life and acquaintances
- Assist your child to discuss any incidence of bullying with a teacher. If possible, allow your child to report and deal with the situation. Your child can gain respect and confidence through taking the initiative and dealing with the problem without direct parental involvement.
- If your child is being bullied, discourage any planned retaliation, either physical or verbal, by discussing positive strategies they can use.
- Be positive about your child's qualities and encourage your child to be tolerant and caring
- Be willing to attend interviews if your child is involved in an incident of bullying, and work cooperatively with the school
- Be willing to inform the school of any cases of suspected bullying even if your child is not directly involved or affected
- Do not deal directly with the other children or their parents but work through and with the school
- Discuss the school's expectations about behaviour and how best to deal with bullying

The Shared Concern Approach

We use the 'Shared Concern Approach' to deal with incidents of bullying. Briefly this approach consists of the following:

- 1 // Individual meetings are held, with each of the students involved in the bullying situation, eg. The student or students bullying, the person being bullied and any bystanders who may have seen what was happening.
- 2 // Each student is asked about the problem and to suggest ways in which he or she personally could help to improve the situation.
- 3 // The person being bullied is also given the opportunity to discuss what happened and encouraged to think of ways to improve the situation.
- 4 // Follow-up meetings, discussions and planning give students the opportunity to change and improve their attitudes and behaviour and to put these into practice in a supportive environment.

Restorative Practice – another method!

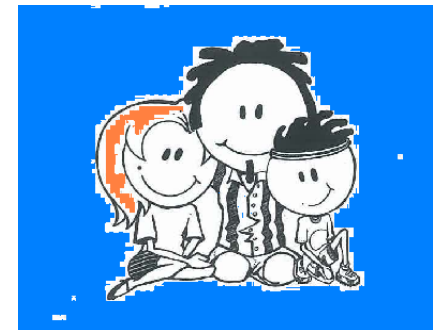
Those who have engaged in bullying are induced to feel remorse and to take appropriate steps to restore relationships that have been damaged by the bullying. This method can be used when the bully has already admitted to having offended and is either feeling remorseful or can be induced to feel remorseful by being asked to reflect upon their actions. It is assumed that the problem can be resolved by the bully acting restoratively (i.e. by making an apology which is likely to be accepted by the victim and wider community).

Bullying can be a complicated problem, which takes time and patience to resolve properly. Using this approach, we are committed to the safety and well being of all students.



CORPUS CHRISTI CATHOLIC PRIMARY SCHOOL

ANTI-BULLYING INFORMATION FOR PARENTS



Our Catholic School Community

The dignity of the human person is the foundation of all Catholic social teaching and is inherent to the ministry of Catholic education. Essential to the dignity of persons is the creation and maintenance of a respectful, safe and supportive learning environment that promotes student wellbeing and enables school communities to engage a diverse range of learners in an inclusive manner.

Bullying and cyber-bullying disregard core values of the Catholic faith including dignity, respect, justice, equity, compassion, trust and courage.

Within this context it is vital that learning technologies are used ethically and responsibly, that communication is respectful, and that human dignity is highly valued. All members of our community are committed to ensuring a safe and supportive environment which promotes personal growth and fosters positive self-esteem for all.

Bullying is:

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful, and involves the misuse of power by an individual or group towards one or more persons. Cyber-bullying refers to bullying through the use of information and communication technologies by an individual or group that is intended to harm others, or is undertaken recklessly without concern for its impact on others. Bullying is:

- A repeated and unjustifiable behaviour;
- Intended to cause fear, distress and/or harm to another;
- May be physical, verbal or indirect/relational;
- Conducted by a more powerful individual or group;
- Against a less powerful individual who is unable to effectively resist.

We refer to these behaviours as **Mean on Purpose**.

Bullying is not...

Conflict or fights between equals and single incidents are not defined as bullying. Bullying behaviour is not:

- children not getting along well
- a situation of mutual conflict such as, teasing or disagreement
- single episodes of hurtful words or actions, or random acts of aggression or intimidation

We refer to these types of behaviours as Friendship Fires.

Types of Bullying

Bullying can happen anywhere: at school, travelling to and from school, in sporting teams, or in the workplace.

Bullying behaviour can be:

- verbal, eg name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- physical, eg hitting, punching, kicking, scratching, tripping, spitting
- social, eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- psychological, eg spreading rumours, hiding or damaging possessions, malicious SMS and inappropriate use of communication technology/mobile devices.

What Can I Do?

If it happens to me:

- Tell the student who is bullying to stop. State quite clearly that the behaviour is unwelcome and offensive.
- Use a **QUICK COMEBACK**.
- Ignore them and walk away
- Seek help. Talk about it to someone you trust
- Report it to a member of staff, a trustworthy friend or buddy. Feel confident that an incident can be solved
- Talk it over openly with your parents – they can help you make a decision
- Do NOT retaliate with physical or verbal abuse
- If you are experiencing bullying on the way to or from school, tell your parents and walk home with a friend
- Write a description of the event and place it in the class meeting box or give it to the teacher

If it happens to someone else:

- Tell the person to stop bullying
- Be a friend to the person being bullied
- Encourage the person being bullied to inform someone
- Seek help. You can decide to do something about it and help to protect others
- Write a description of the event and place it in the class meeting box or give it to the teacher
- Talk it over with the teacher.