

Parents – you can help!

Here are some ideas:

Be observant. Look out for the telltale signs such as: unwillingness to attend school, declining academic performance, loss of self confidence or loss of interest in social events.

Encourage talking – sometimes this may be difficult, but remain patient.

Listen calmly and seriously and don't over react – work out the facts.

Build confidence that the situation can be changed.

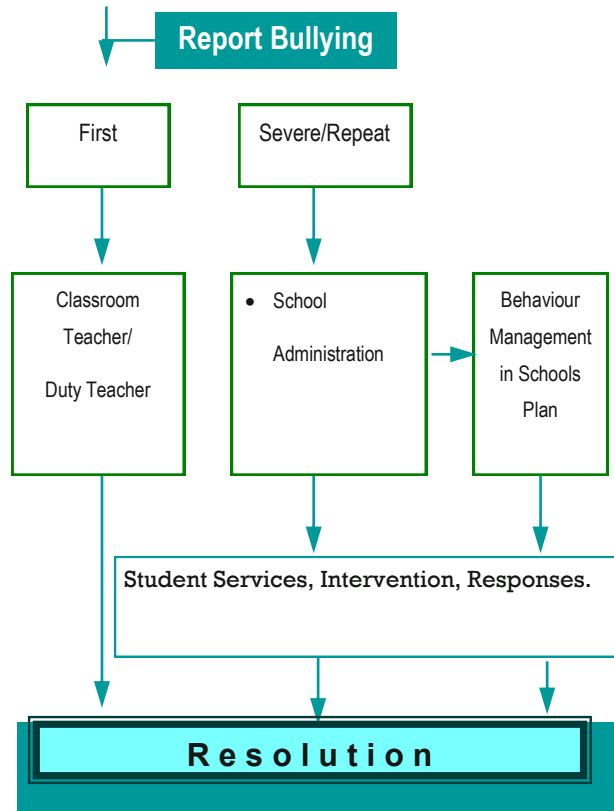
Make sure that your child understands that there is nothing wrong with them, and that it happens to most people at some time.

Support the School policy and talk to the School when concerned.

What will the School do?

Sorrento Primary School has a clearly defined role in responding to bullying. The diagram below illustrates the procedure that the School will take if bullying occurs.

Response to BULLYING FLOWCHART



SORRENTO PRIMARY SCHOOL

Promote Harmony

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Stop
Bullying



Know what to do



What is Bullying?

Bullying is a planned and deliberate behavioural act that is designed to hurt, injure, embarrass or upset another person.

It can be:

Intimidation

Aggressive behaviour

Threats

Physical harm

Exclusion

What can you do if you are being bullied?



Bullying Thrives on Silence

Draw it to the attention of:

- Staff**
- Family**
- Friends**
- Anyone you can relate to**



Stand together and speak up!

Sorrento Primary School respects the rights of all people, particularly its students, to be free from all forms of bullying and harassment. Bullying is unacceptable and is completely contrary to the School's Shared Vision and Core Values.

Ways you can help stop bullying!

Try these:

- ⇒ Not retaliating by becoming physical or verbal yourself.
- ⇒ Walking away quickly and confidently from the group of bullies.
- ⇒ Being assertive – speak firmly and tell the bully “Don’t do that, I don’t like it”.
- ⇒ Establishing a supportive friendship group.
- ⇒ Writing a recount.
- ⇒ Speaking to someone about it.

If you are NOT being bullied yourself, but notice someone else being bullied, you can:

- Not support the bully – fewer people smiling or joining in makes a difference, **walk away** and don’t become a part of the audience.
- Be strong, support the person being bullied - help them leave the bullying situation, in a **calm, non aggressive way**.
- Inform an adult who can help – **talk** to a duty teacher, class teacher, deputy or principal.