

## Rationale

St Munchin's Catholic School community respects the rights of its students to be free from all forms of bullying and is committed to providing a safe environment for all students.

### PRINCIPLES

Through our shared vision and whole school policy we are committed to addressing all incidents of bullying. At St Munchin's, we aim to ensure that all students are valued and that engaging in 'bullying behaviour' is **unacceptable**. Disregarding bullying behaviours or participating as a 'bystander' is **unacceptable**. It is the responsibility of **ALL** community members to ensure the safety, security and respect of all individuals.

The process (action plan) is aimed at targeting individuals engaged in bullying and empower witnesses to be more proactive in addressing this behaviour.

At the classroom and playground level, teachers will endeavour to educate students about **appropriate and acceptable social behaviour**.

At the school community level, issues of bullying will be addressed by relevant students and staff, and where necessary, the school Leadership Team.

Resistance to behaviour change and repeated offending will require the school's discipline procedures to be enforced. (See Behaviour Management Policy which is included in the Parent Handbook)

### WHAT IS BULLYING?

Bullying is seen as a behaviour by one or more persons, which is used to intimidate, exclude, frighten or dominate others. An individual or a group can carry out bullying.

### FORMS OF BULLYING

Bullying can take many forms including :

#### PHYSICAL

- Hitting, punching, tripping
- Kicking, biting
- Negative body language
- Damaging someone's property
- Stealing someone's property

#### VERBAL

- Making hurtful and racist comments/jokes about another person
- Name-calling
- Commenting on social and/or family backgrounds
- Picking on others

#### EMOTIONAL

- Spreading rumours, gossip
- Taking or damaging property
- Sending hurtful notes
- Attempting to intimidate, threaten or belittle
- Forcing an individual to do something he/she doesn't want to do
- Manipulating others – setting others up to get in trouble

#### SOCIAL

- Deliberately ignoring or avoiding
- Excluding from the group

### SIGNS OF BULLYING

Signs of being bullied may be :

- Feeling frightened, angry or embarrassed
- Finding it hard to concentrate on school work
- Not wanting to come to school
- Not getting along with others

### STUDENTS' ACTION PLAN

If you think you are being bullied.....

*Ask yourself –*

**Was it deliberate? Yes or No**

If **Yes** follow these steps –

- Ignore the behaviour and show it doesn't upset you.

*If the bullying behaviour continues...*

- Tell the individual/s engaging in bullying behaviour to stop it. *Ask the bully to leave you alone*

*If the bullying behaviour continues...*

- Move to a safe area

*If the bullying behaviour continues...*

- Tell another student around you that you are being bullied.

*If the bullying behaviour continues ....*

- Tell a staff member.

## WITNESSES ACTION PLAN

*Ask yourself –*

**Does this look or sound like a bullying situation?**

**Yes or No**

*If Yes follow these steps –*

- Tell the person who is bullying to “Stop it.”
- Offer friendly help to make the individual/s feel safe.

*If the behaviour continues ...*

- Take the individual/s to a staff member and report what you saw or heard.

## SCHOOL'S ACTION PLAN

- A staff member on playground duty will assess the situation and speak with the students involved.

*If necessary*

- The Class Teacher is notified by Duty Teacher regarding the Bullying behaviour. The Class Teacher will investigate the matter further if necessary.
- Class discussion about bullying will be included in general teaching lessons across learning areas such as Religious Education and Health.

*If necessary....*

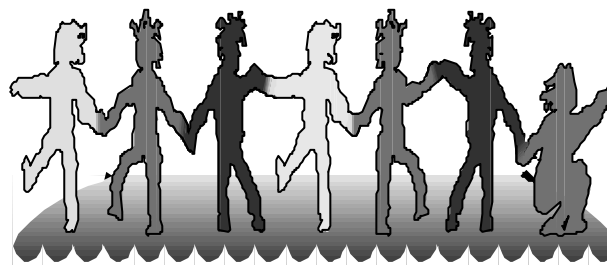
- Refer to the Leadership Team who will take appropriate action and make contact with parents if necessary.

## **PARENTS' ROLE**

*You can help by –*

- Discussing school expectations about behaviour and how best to deal with bullying
- Teaching children to respect differences and be tolerant of others
- Showing an interest in your child's school, social, sporting and cultural life.
- Developing your child's self esteem by offering encouragement, saying and doing positive things, nurturing their positive qualities and valuing them for who they are.
- Setting a good example, as role models, when resolving their own conflicts.
- Informing the Class Teacher if you become aware of any bullying incident so that it can be stopped.
- Assisting your child to understand and practice the strategies stated here.

**YOUR SUPPORT IS  
SINCERELY APPRECIATED**



# St Munchin's Catholic School

## Vision Statement

*In the tradition of community and Eucharistic sharing, St. Munchin's Catholic School aims to reflect the life and love of Christ for His people. The school community works together to provide pastoral care for each person and to nurture the whole development of the child.*



## **POLICY STATEMENT ON BULLYING**

**August 2004**