

What is Bullying?

Bullying is the **repeated intimidation** by a person or group, over another person or group who are unable to stop the situation.

Bullying incidents are **OFTEN** unprovoked and can be physical, verbal, social or psychological in nature.

Cyber bullying occurs through the use of technologies such as mobile phones and other social media devices.

Bullying occurs when these things happen again and again to someone.

Exclusion

Being ignored, left out on purpose or not being allowed to join



Lies or Rumours

Having lies or nasty stories told about you to make other children not like you.



Verbal abuse and Teasing

Being made fun of and teased in a mean and hurtful way. Includes name calling, being sworn at and prejudiced comments.



Physical

Being hit, kicked, tripped, punched or pushed around. When belongings are removed, damaged or hidden.



Threats

Being made afraid of getting hurt. Being forced to do something wrong. When someone demands your money or possessions. Threats made against family members.



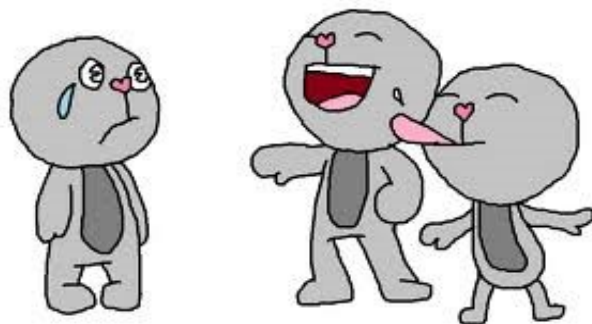
Cyber Bullying

Receiving abusive texts or emails, hurtful messages, images or videos. Being imitated by others online to set you up, being excluded by others, or nasty online chat or gossip. Having messages or images sent to others about you without permission.



WHAT IF IT HAPPENS TO ME?

- Don't put up with it! Tell them to stop.
- Tell someone you trust: a teacher, a friend, parents. This is not "dobbing".
- Don't react. Just walk away with your head held up high.
- Use a strong, confident voice. Be assertive, don't be "put down".
- Avoid the person who is harassing you.
- Stay away from places where you might be bullied.
- Don't show you are scared even if you might be.
- Don't try to swap insults.
- Remember, you are not alone.
- Stay with friends.



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WHAT IF IT HAPPENS TO SOMEONE ELSE?

If you witness someone being bullied, remember you are a bystander and we hope you care enough to want to help.

We all need to work together if we are going to stop bullying behaviour in our school / community.

You should:

- Offer friendship and support to the person being bullied.
- Encourage them to get help from an adult, family or councillor.
- If possible, intervene while the bullying is happening by saying, "Leave him/her alone!" or "cut it out!" or "Hey, that's not fair!".

Report the incident to any adult as soon as you can. Don't be afraid to come forward.



WHAT WILL EWPS DO?

EWPS implements bullying prevention and social skills programs designed to build student understanding, resilience and assertiveness when facing bullying situations.

If bullying occurs, we will:

- Listen and respond with empathy.
- Manage the situation using a "shared concern" approach.
- Hear both parties explain the situation and counsel where necessary.
- Record incidents of bullying.
- Ensure there is a follow up with the students involved. Parents can contact the school for assistance.
- Contact parents of the child being bullied and the child who is bullying.

WHAT CAN PARENTS DO?

Try not to over-react. Listen calmly and try to work out the facts.

- *Be aware of the signs of distress in your child that could be caused by being bullied such as:*
 - Unwillingness to attend school.
 - A pattern of illness (eg: sick on school mornings)
 - A decline in the quality of school work.
 - Becoming withdrawn and lacking confidence.
 - Crying at night, having nightmares, lack of sleep.
 - Having unexplained bruises, cuts or scratches.
 - Beginning to bully other children or siblings.
 - Becoming aggressive or unreasonable.
 - Asking for money or starting to steal.
 - An uncharacteristic desire to be with an adult.
- If your child is being bullied, discourage any planned retaliation, either physical or verbal, by discussing the positive strategies that can be used.
- Sometimes your child may tell you about a bullying incident but is too frightened to report it. This protects the person who is bullying and prevents adults from helping. Please assure your child that their identity will be kept safe.
- Contact the school and make an appointment with staff as soon as possible after the incident.
- Parents can help their child become more assertive and resilient by modelling such behaviour and by talking about strategies that can be used.
- It is important for adults to not overprotect children who have been bullied. An adult protector will not always be around to shield them.

WHAT IF MY CHILD IS BULLYING OTHERS?

All children are capable of bullying others. It is normal for parents to feel shocked, embarrassed and even doubtful if they find that their child has been bullying others.

To help discourage children from bullying others, parents can:

- Talk about bullying behaviour with them and discuss why they may want to bully someone.
- Suggest more positive actions other than bullying.
- Help your child to be aware of the effects that bullying has on others.
- Be alert and discourage bullying behaviour at home.
- Encourage and provide opportunities for children to openly discuss any issues or concerns with you.
- Teach your children what is appropriate behaviour and how you expect them to treat others.

WHAT IS NOT HELPFUL

- Telling the child to fight back.
- Ignoring and hoping it will go away.
- Identifying 1 incident as bullying.
- Parents approaching other parents

DEFINITION BOX

It's important to remember that not all fighting or arguing is bullying. It is normal to have times when you have conflict and arguments with people. So, it is important to learn how to deal with conflict. Bullying is different to having an argument or a fight.

Bullying is targeted and persistent behaviour that is intended to:
demean, intimidate, embarrass or harass



EAST WAIKIKI

PRIMARY SCHOOL

DEALING WITH BULLYING

School Motto

Care, Respect, Trust

To be an outstanding learning community
where everyone learns and feels happy
and safe!

