

## WHAT DOES A BULLY -FREE SCHOOL

### ENVIRONMENT LOOK LIKE?

- Promoting zero tolerance for bullying.
- Students cooperate and include others in activities.
- Students help each other by showing respect.
- Students have empathy for others and feel safe to learn in an environment where it's OK to take risks
- Students trust their friends to display honesty at all times
- Everyone's values and opinions are respected, students feel valued and listened to.

### WHAT ARE WE DOING AT KEITHCOT FARM TO

#### MINIMISE BULLYING AND ITS EFFECTS?

##### PREVENTION:

- Using the *Play is the Way* social skills programme to teach students about problem solving, promoting positive relationships and respecting diversity and difference in others.
- Regularly revisiting our Anti-bullying Policy
- Conducting a termly student bullying audit.
- Organising Cyber-bullying information sessions.
- Teaching our own school values

##### INTERVENTION:

- Conducting regular bullying audits every term to provide students with a voice.
- Counselling students who have been bullied
- Having appropriate consequences those who bully .
- Teaching pro-active strategies for students.
- Ensuring all staff know how to address bullying effectively

##### POST PREVENTION STRATEGIES INCLUDE:

- Talking with parents and caregivers about strategies
- Ongoing monitoring of situations to ensure the

## OTHER USEFUL RESOURCES



Kids Help Line

<http://www.kidshelp.com.au>

1800 55 1800

*24 hour telephone and online counselling  
for children and young people in Australia*



Bullying. No way! - Website

<http://www.bullyingnoway.com.au>

*A website created by Australia's  
educational communities*



<http://www.keithcotps.sa.edu.au>

**Keithcot Farm School**

*Links to website and other policies*

Leadership are available if you have any questions or concerns, please phone the school on 8289 1133 or email at [dl.147\\_info@schools.sa.edu.au](mailto:dl.147_info@schools.sa.edu.au)



Keithcot Farm

School

*"Linking learning to life"*

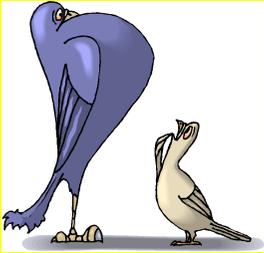
## ANTI-BULLYING POLICY

At Keithcot Farm School.....

- Everyone has the right to feel safe
- Everyone has the right to be treated with respect by others
- **We take bullying seriously**

(Reviewed March 2020)

## WHAT IS BULLYING AND HARASSMENT ?



Bullying and harassment are acts or behaviours that are **deliberate** and directed against individuals or groups of people.

Bullying is repeated behaviour that can occur for some time unless action is taken to stop it. Bullying and harassment can make people feel...

- Scared
- Worried
- Angry/annoyed
- Ashamed
- Sad/put down

### **REMEMBER....!**

If bullying and harassment occurs to you or others.....

**REPORT IT!**

**KEEP ON REPORTING IT UNTIL YOU FEEL SAFE!**

## KINDS OF BULLYING AND HARASSMENT

These are examples of ways in which people can be bullied or harassed...

Physical bullying and harassment: Is hurting or touching someone else. It might be hitting, punching, pushing, biting, kicking, spitting, pinching or scratching.

Verbal bullying and harassment: Is hurting someone with words. It might be name calling, teasing, put downs or threats made towards you or your family or friends. It may be said to you or someone else about you. *Laughing at victims or being a willing bystander when bullying occurs , is also a form of bullying.*

Non-verbal bullying and harassment: Is rude gestures and looks.

Cyber bullying and harassment: Is using technology inappropriately to hurt people (e.g. mobile S.M.S., internet, e-mails, social media, Facebook, Snap Chat, Kik etc.)

Intellectual bullying and harassment: Is when someone gives you a hard time because you may be good at your work, or that you may find work difficult.

Sexual harassment and bullying: Is teasing about being a boy or girl. It might be:

- Teasing and calling you names, rude signs or comments
- Graffiti or jokes

Sexual Orientation: Refers to a person's attraction to another person.

Gender Identity: Refers to a person's internal sense of self, of being masculine or feminine, or both or neither.

Racial and/or Religious bullying and harassment: Is teasing someone about or putting down a person belonging to a certain race, religion or culture it might be:

- Teasing someone because they have different skin colour, eye shape, clothes, language, food etc.

## BULLYING-WHAT CAN YOU DO ?

### **If it happens in person:**

- Ignore them
- Tell them to stop and walk away
- Pretend you don't care
- go somewhere safe
- Get support from your friends

### **If it happens online:**

- Avoid responding to the bullying
- Block and report anyone who is bullying online
- Protect yourself online—use privacy settings.
- Don't join in negative online conversations.

### **If you see someone being bullied**

- Support others being bullied.

### **If it doesn't stop**

- Talk to an adult (teacher, parent) who can help stop the bullying.
- Keep asking for support until the bullying stops.