

WHAT TO DO IF YOU FEEL  
THAT YOU ARE BEING  
HARASSED OR BULLIED

Things to remember when you

**'NAME IT!'**

NAMING IT is about standing up for yourself  
in a SMART way.

1. **Tell the person to stop it, what they are doing and how you feel!**  
eg. 'Stop it, I don't like it when you call me a dork, it hurts my feelings and it makes me feel sad.' Use 'I' statements eg. 'I don't like what you're doing.'

**STAY CALM**

2. If the person does it again, **tell them to stop and tell them that you are going to NAME IT to a teacher or another adult.**

3. **'NAME IT' to the teacher or an adult.**

Let them know that it is important and tell them what you have already tried.

**STAY CALM**

If you are not listened to find a trusted adult who will LISTEN to you. If you are scared of the bully get an adult to support you and 'NAME IT' again.

Everyone is responsible for naming it.  
Using violence won't stop violence.

**Keep NAMING IT until it stops!**

**SOUND FAMILIAR?**

**"I was only joking."**

This is the most common response from someone who is harassing or bullying another. It is **NOT** a joke if someone is hurt or offended.

**"I'll ignore it and it will stop."**

If anything, ignoring it will make it worse. It may give the impression that it is OK and that you agree with the situation.

**"That's just the way things are - you**

Attitudes and behaviours in our society are changing! The Harassment and Bullying Policy is part of that change and is there to help us all change the way in which we relate to fellow human beings.

**"If I tell it will get worse."**

Bullies work on the principle of power over people. If you don't tell anyone they will continue to exercise this power unfairly. By working with others you become strong.

**Victimization of people who have complained of harassment or bullying will be treated very seriously by the school.**



*Important information for students,  
parents and staff.*

**HARASSMENT  
AND  
BULLYING**

**NAMES OF CONTACTS:**

Principal . . . . . Mr Doug Jones

Acting Principal/Welfare Coordinator

. . . . . Mrs Di Craig

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## BASIC BELIEF

All members of the School community have the right to work in a safe and caring environment free from **ALL** forms of bullying or harassment.

The Harassment and Bullying Policy aims to eliminate all forms of harassment from our School and support people who have been harassed or bullied.

Harassment and bullying has a range of negative consequences. For example students may experience:

- trauma
- lowered self esteem
- fear
- stress
- lack of sleep
- change of appetite
- poor school performance
- withdrawal from class participation

**Students, parents and teachers all have a very important role to play in eliminating harassment and bullying.**

## WHAT IS HARASSMENT AND BULLYING?

Harassment and bullying is any written, verbal, visual material or physical conduct, which is unwelcome and/or offensive. It is often hurtful and frightening.

Harassment and Bullying may include, but is not restricted to the following:

- being called hurtful names
- written material e.g. hurtful notes, drawings
- being left out of things on purpose
- being threatened
- racism, ethnic or religious harassment
- physical contact e.g. punching, hitting, kicking, etc.
- sex based harassment
- electronic bullying e.g. mobile phones, email

False accusations of harassment and bullying are themselves a form of harassment and will be dealt with as such.

Harassment may occur between students, members of staff and parents.

## WHAT IS SEX BASED HARASSMENT?

Sex based harassment is written, verbal, visual or physical conduct of a sexual or sex based nature, which is unwelcome, uninvited, and/or offensive.

It is not mutual attraction between people. Such friendships (sexual or otherwise) are a private concern.

Sex based harassment may involve, but is not restricted to, the following:

- intrusive questions or comments about a person's private life
- offensive comments about a person's sexuality or appearance; sexual or sexist jokes
- wolf whistle, cat calls, unwelcome noises, leering
- provocative body language
- offensive visual or written material
- persistent and unwelcome sexual advances and unwelcome physical contact
- indecent exposure
- sexual assault

**“Our children's future in the very best of hands”**