

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.

**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. 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. Keep naming it to an
adult until appropriate action is taken.
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 only 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 -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.**

**If your child reports to you that they have
been bullied you need to encourage them to
"Name It" to a teacher. If this can't be done
parents need to contact the school immedi-
ately.**



*Important information for students,
parents and staff.*

**HARASSMENT
AND
BULLYING**



NAMES OF CONTACTS:

Acting Principal Di Craig
**Acting Assistant Principal/Welfare Coor-
dinato. Corey Warne**
Wellbeing Officer . . Bernadette Wright

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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.

Being a quiet bystander to bullying will not be tolerated.

WHAT IS HARASSMENT AND BULLYING?

Harassment and bullying is any written, verbal, visual material or physical or electronic 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 or putdowns
- 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, face-book, use of face-book MSN messenger.

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.

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"