Bullying occurs when someone deliberately and repeatedly hurts or frightens others.

Bullying can have long-term effects on the victim, the person who does the bullying, and bystanders who watch.

Bullying can be:
Physical – hitting, punching, pinching, kicking, spitting.
Verbal – calling names, teasing, put-downs, sarcasm.
Social – ignoring, excluding, alienating, gestures.
Psychological – spreading rumours, hiding or damaging possessions, dirty looks, cyberbullying.

Students – What to do:
- Avoid bullies. Walk away, don’t be alone with them.
- Be firm and strong, even if you don’t feel like it. Look them in the eye and stand tall. Tell them to leave you alone, and walk away. Say “NO!”, GO & TELL.
- Try to ignore the bully. Pretend you didn’t hear the comments. Don’t let the bully see you upset.
- Don’t fight back – that will only get you in trouble too.
- Tell the teacher immediately. Telling about bullying is NOT dobbing, even if the bully says it is.
- Find some friendly children to play with.
- Tell your parents when you get home.

When students tell staff about a bullying incident, the staff will:
- Listen to the child, and the bully, to find out what happened.
- Record the incident on the welfare site so that repeat incidents will be picked up.
- Inform stage supervisors.
- Begin an appropriate course of action, depending on the severity of the incident, following discipline guidelines.
Parents – What to do:

- Listen carefully to your child.
- Stay calm – your anger will only upset your child more.
- Get accurate details.
- Direct your child to the school procedures (telling the teacher), so that something can be done.
- Assure your child that the problem will be addressed, and that it is not his/her fault.
- Help your child to practice the strategies on how to handle bullies.
- Inform the school in case your child was too scared to do so. Work with the school to solve the problem.

What if it’s my child who is the bully?

- Find out all the facts from the school.
- Talk to your child to find out why they acted like they did. They may be someone else’s victim too.
- Try not to get angry, but emphasise that bullying is NEVER acceptable.
- Work co-operatively with the school, and ask for help if you need it.
- Reward appropriate behavior when you see it in your child.
- Encourage kindness and respect, and model it yourself.

BULLYING – NO WAY!

A guide for students and parents.

At Concord Public School, we strive to:

- Play and learn safely.
- Treat others as we would like to be treated.
- Make everyone feel welcome and valued.
- Solve problems peacefully.