O'Sullivan Beach Primary School

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Our CARE values of Co-operation, Achievement, Respect and Empathy guide all our actions.

Anti-Bullying Policy at O'Sullivan Beach Primary School

At O'Sullivan Beach Primary School, we ensure all students feel safe and respected. Our school does not tolerate bullying in any form and expects all community members to treat each other with dignity.

What is Bullying?

Bullying is deliberate, hurtful behaviour intended to repeatedly harm, threaten, or embarrass someone. It negatively impacts the victim's safety and well-being.

Types of Bullying

- **Physical Bullying**: Hitting, punching, or kicking.

- **Verbal Bullying**: Calling hurtful names, teasing, or threatening someone.

- **Social Bullying**: Spreading rumours, excluding someone, or singling out someone for unfair treatment.

- **Cyberbullying**: Using electronic media to hurt, threaten, or embarrass someone repeatedly.

What To Do

If You Are Being Bullied

1. **Tell the person to stop**: Clearly state that their behaviour is unwelcome and hurtful.

2. **Seek help**: Talk to someone you trust, such as a friend, student mediator, teacher, or the principal/deputy principal.

3. **Report it**: Report the bullying to a teacher or school leader immediately.

4. **Inform your parents**: Especially if the bullying occurs outside of school.

If You Witness Bullying

1. **Care enough to act**: Support the person being bullied.

2. **Get help from an adult**: Don't stand by and watch.

3. **Show disapproval**: Demonstrate that you and your friends do not tolerate bullying.

4. **Report it**: Inform a teacher or school leader.

Consequences for Bullying

1. **Counselling by your classroom teacher**: You will discuss the issue with the person you bullied, and the situation will be recorded.

2. **Referral to the principal/deputy principal**: If bullying persists, you will receive counselling, and your parents will be contacted.

3. **Consequences for continued bullying**: This may include parent interviews, counselling programs, loss of privileges, restricted play, in-school suspension, or out-of-school suspension. Cyberbullying may involve police intervention.

4. **Parent involvement**: Your parents will be called to discuss further actions if bullying continues.

Rights and Responsibilities

Rights	Responsibilities
• To feel safe	• To respect yourself
• To learn	• To use common sense
• To be respected	• To respect others
• To be valued	• To support others

Everyone has the right and responsibility to report bullying, whether it happens to you or someone else.

How Parents Can Help

Take an Active Interest
- **Engage in Conversations**: Regularly talk with your child about their day-to-day experiences at school.
- **Involvement in Activities**: Participate in school events and activities to stay connected with your child's social life and the school community.

Encourage Your Child
- **Social Inclusion**: Invite your child's friends over and promote an inclusive environment.
- **Tolerance and Acceptance**: Teach your child to accept and appreciate differences in others.

Build Self-Confidence
- **Positive Reinforcement**: Recognise and affirm your child's strengths and achievements.
- **Encourage Independence**: Support your child in making decisions and solving problems.

Discuss Expectations
- **School's Anti-Bullying Policies**: Ensure your child understands the school's rules and the importance of respectful behaviour.
- **Response Strategies**: Discuss appropriate ways to respond to bullying, emphasising the importance of reporting it rather than retaliating.

Encourage Constructive Responses
- **Reporting Bullying**: Teach your child to report any bullying incidents to a trusted adult immediately.
- **Non-violent Solutions**: Reinforce that responding with violence or name-calling is not an effective solution.

Set a Positive Example
- **Model Respectful Behaviour**: Demonstrate respect and kindness in your interactions.
- **Positive Communication**: Use positive language and actions to resolve conflicts.

Be Alert for Signs of Distress
- **Monitor Changes**: Watch for signs of distress such as reluctance to attend school, a decline in academic performance, damaged belongings, or changes in mood and behaviour.
- **Open Dialogue**: Encourage your child to express their feelings and concerns.

Act Promptly
- **Address Issues Early**: If you suspect your child is being bullied or bullying others, immediately discuss the situation with their teacher or school leaders.
- **Collaborative Approach**: Work together with the school to address and resolve the issue.

Monitor Internet Use
- **Set Boundaries**: Ensure your child uses phones and the internet responsibly, following age-appropriate guidelines.
- **Online Safety**: Teach your child about online safety and the importance of reporting cyberbullying.

We can create a safe and supportive environment for all students by working together. Your involvement and support are crucial in combating bullying and fostering a positive school community.

For more information or to report bullying, please contact the class teacher or leadership directly:
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This policy ensures that our school remains where every student feels safe, respected, and valued.