MANAGEMENT OF BULLYING BEHAVIOUR AT SBC

School is notified of bullying incident

Junior School
When reported to teacher, verbal summary passed onto class teacher

Senior School
Report of incident investigated by Year Team Leader /Head of School /teacher

Investigation
All students involved are given a chance to explain their behaviours

Parents contacted if deemed necessary and explained intervention offered to students (refer to steps in bullying policy on website)

Development of appropriate course of action
This may involve Head of School, Year Team Leader or Principal

Bullied student
Development of strategies to build self-esteem and resilience

Student who bullied
Acknowledgement of behaviour and recognition of consequences. Support in changing behaviour

Ongoing monitoring to provide guidance as required and incident recorded in Synergetic (computer system)

COLLEGE CONTACTS

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Helpful websites
kidshelp.com.au (1800551800—24hour support)
Everyone at SBC has the right to feel safe, therefore we all have a responsibility to foster a nurturing, productive and socially positive environment.

When a behaviour involves repeated acts that aim to cause hurt, fear or humiliation in another person then that is bullying. Bullying does not occur as a ‘one off’ act of nastiness. Bullying can be characterised as:

**Verbal**: name-calling, put downs, threats (spoken/written).

**Physical**: hitting, tripping, punching, throwing objects, stealing.

**Social**: ignoring, hiding, excluding on purpose.

**Psychological**: stalking, threatening looks, spreading rumours, damaging possessions.

**Cyberbullying**: Using any form of electronic communication i.e. chat rooms, mobile phones, social networking sites to bully verbally, socially or psychologically.

Tips for students

**If you are being bullied**:
- Stand up for yourself and tell the bully to stop
- Walk away
- Act unimpressed or ignore the bully and show that you are not going to be upset by it
- Use humour to diffuse the situation
- Be with supportive friends
- If it continues then tell someone i.e. a trusted teacher, a friend, a family member

**If you are being cyberbullied**:
- Don’t respond to the message/image
- Save the evidence
- Block and delete the sender
- Report the incident to the website/internet service provider
- Tell someone i.e. a trusted teacher, a friend, a family member

**If you have been accused of being a bully**:
- Think about your behaviour and re-assess it
- Stop and think how your behaviours are affecting others
- If you become known as a ‘mean’ person you’ll risk difficulty in making and keeping friends

**If you witness bullying**:
- You could tell the person acting like a bully to stop
- Don’t join in or stand there and watch
- Talk about it to a trusted teacher
- Offer support to the student being targeted and you could tell them that it’s about the other person’s behaviour
- If possible, encourage them to talk about it and get help from others i.e. a teacher, a family member, other friends

It is your right and responsibility to report bullying whether it happens to you or to another person. Bullying continues when individuals do nothing about it.

Tips for parents

**Encourage your child to talk about what is going on.**

**Listen attentively to their concerns and believe them but also be aware that there may be two sides to the story.**

**Give assurances that individuals will say and do unkind things and steps can be taken to improve the situation.**

**Maximise their social network and empower your child to become more resilient. Teach them how to:**
- Be assertive
- Use humour to diffuse the situation
- Improve their self-esteem
- Act confidently

**Inform your child that physical or verbal retaliation on their part is NOT the answer. The school’s ‘shared concern approach’ will help. Check the bullying policy (on SBC website).**

**Discuss the situation with your child’s relevant team leader. They will assist in obtaining all of the factual details.**

Remember: ‘Dobbing’ is when a person tries to get attention or to get someone else in trouble BUT ‘Asking for help’ is when someone feels the situation is out of their control and they are unable to deal with it alone.