



The students, staff, parent community and friends of Darlington School all say:

## Let's Stand Together – Bullying NO WAY

We firmly believe that we must have zero tolerance to behaviour from anyone that puts down, hurts or ignores others deliberately and persistently.

We believe that we must always **RESPECT** each other, care for each other and celebrate difference, be **RESPONSIBLE** for the things we say and do and be **RESILIENT** enough to tell someone when things are not going well.

***Bullying is defined as repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies. Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long-term effects on those involved including bystanders.***

We agree that Bullying behaviours include but are not limited to:

- Being repeatedly excluded: being ignored, left out or not allowed to join in on purpose
- Being hurt physically: being kicked, hit or pushed around on purpose
- Having lies or rumours spread about you: when lies or nasty stories are told about someone to make other students not like them
- Being threatened: being afraid that you will be hurt or humiliated or forced to do something you don't want to do
- Hearing verbal abuse or teasing: being made fun of and teased in a mean and hurtful way on purpose
- Cyber Bullying

We agree that Bullying makes others feel sad and uncomfortable, like they don't belong, scared, alone and not part of our school community. They can feel angry and hateful and not worthy of having friends. We agree that no one should be made to feel this way.

We will not be bystanders when we see or hear about bullying. We will not join in or encourage bullying. We understand that if we do that we are part of the problem, not part of the solution. We will support the person being bullied to get help, tell them that we will give accurate information and that we care about them. We will not protect the bully, join in or show that we think it is funny. We will make strong decisions about bullying.

At Darlington School we will STAND TOGETHER so if you think you are being bullied:

- Tell the person to stop firmly but politely
- Believe in yourself and remind yourself that what they say is not true
- Walk away and get help from a trusted adult. The trusted adult will listen to you, ensure they understand how you feel and support you through the situation until it is resolved
- If you have told someone, but the bullying continues, tell them again, or tell someone else

At Darlington School we will STAND TOGETHER so if you are bullying someone expect these consequences:

- Initially you will be given the chance for restorative conversations through the counsellor, class teacher, Deputy or Principal
- Being monitored in the playground (or exclusion from the playground)
- If you persist in bullying your parents will be informed and asked to come to a meeting
- Further bullying could lead to internal school suspension, external suspension, report to police and if necessary, exclusion

FOR PARENTS/CAREGIVERS:

You can help by talking to your children and knowing what is happening in their lives.

You can encourage your child to celebrate difference, to understand their positive qualities, to know you value them for who they are. Know what your child is doing on the internet or on their phone.

If your child shows signs such as these:

- unexpected refusal to attend school
- drop off in quality of learning
- damaged clothing or frequent loss of personal property
- loss of confidence or unusual moodiness
- withdrawal from social activities

they may be being bullied. Talk to them about strategies to manage the bullying such as:

- ***always report the bullying to a teacher, counsellor, Deputy or Principal***
- not to hit back or name call as that does not solve the problem
- walk with the teacher on yard duty if they are worried at play times
- go to the library for a while if they are worried
- talk to someone – this could be a teacher, CPW, counsellor, Deputy or Principal

We do not tolerate bullying at Darlington School and you can be assured that if you or your child reports incidences of bullying they will be investigated and resolved using Restorative Practices and other measures as required.