

Bullying is a behaviour

Focus on the behaviour not the individual.

Students labelled as bullies may be marginalised and excluded from behaviour changing activities.

Activities to reduce and prevent bullying should promote the message that all students are valued. Engaging in Bullying behaviour is unacceptable



LISTEN

CLARIFY

CREATE A PLAN

**ENCOURAGE
ASSERTIVENESS**

**PRACTICE BEING
ASSERTIVE**



HAMPTON PARK
PRIMARY SCHOOL

BULLYING

When these things happen again and again to someone and it is hard for the student being bullied to stop these things from happening

Physical
Being hit kicked or pushed around.

Exclusion
Being ignored, left out on purpose, or not allowed to play.

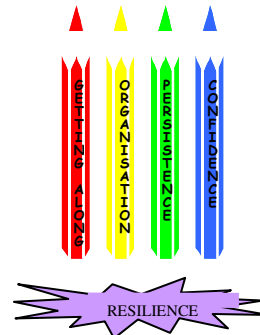
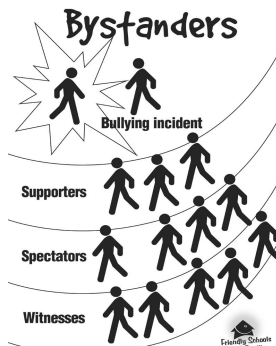
Threats
Being made afraid of getting hurt.

Lies or Rumours
Lies or nasty stories are told about someone to make other kids not like them.

Verbal Abuse and Teasing
Being made fun of and teased in a mean and hurtful way.

BULLYING NO WAY!

HAMPTON PARK PRIMARY SCHOOL



Are you being bullied?

Bullying is when someone deliberately upsets or hurts another person more than once. You always have the right to be safe at school. It can be hard to stop bullying without help.

Things you can do

- Tell them you don't like how they treat you, and ask them to stop.
- Walk away from the person who is bullying you.
- Talk to a teacher you trust. They will be able to help you.
- Talk to a family member or close friend.

For help ring Kids Help Line 1800 551 800 or visit www.kidshelp.com.au

Have you seen someone being bullied?

Bullying is when someone deliberately upsets or hurts another person more than once. If you see someone being bullied, you have a role to play.

How you can help

- Talk to a teacher.
- Tell the teacher what you saw.
- Don't watch or join in.
- Try to get the group to talk to the person being bullied.
- Ask the person being bullied to play with you.

For help ring Kids Help Line 1800 551 800 or visit www.kidshelp.com.au

Every student has the right to feel safe at school.

Bullying is when someone deliberately upsets or hurts another person on more than one occasion.

- You should always stand up for your rights. We have a right to feel safe at school.
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Bullying is

A repeated, unjustifiable behaviour that may be physical, verbal, and/or psychological that is intended to cause fear, distress, or harm to another

that is conducted by a more powerful individual group

against a less powerful individual who is unable to effectively resist