

What is bullying and harassment?

Bullying

Bullying is repeated behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. It can have long-term effects on those involved, including bystanders.

“Cyber bullying” refers to bullying through information and communication technologies, such as the internet and mobile phones. Isolated incidents and conflicts or fights between equals, however, are *not* defined as bullying.

Harassment

Harassment is behaviour that targets an individual or group due to their identity, race, culture or ethnic origin, religion, physical characteristics, gender, sexual orientation, age, ability or disability, and that offends, humiliates, intimidates or creates a hostile environment.

Harassment may be an ongoing pattern of behaviour, or a single act.

Bullying and harassment can be:

- Physical, verbal, psychological, excluding or sexual
- Done face to face or indirectly
- Often hidden from adults.

For more information

- Department for Education and Child Development (DECD) Parent Helpline 1800 222 696
- DECD information for parents
www.decd.sa.gov.au
> Parents and Community > Health and Wellbeing > Bullying and harassment. See also Cyber-safety
- Australian Communication and Media Authority’s advice for parents
www.cybersmart.gov.au
- DECD information for students
www.decd.sa.gov.au
> Student Information > Your Health & Wellbeing > Bullying & Harassment
- Bullying No Way
www.bullyingnoway.com.au
- Kids Helpline 1800 551 800
- Parenting SA Parent Easy Guides
www.parenting.sa.gov.au

Bullying and Harassment Guide

Advice for parents, care-givers and students

Advice for Parents

How can I tell if my child is being bullied or harassed?

Children affected by bullying or harassment may not talk about it with their teachers. They may be afraid that it will only make things worse.

When people are bullied or harassed they may feel angry, embarrassed, scared or unsafe.

Some signs a child or young person is being bullied or harassed may be:

- Reduced ability to concentrate and learn
- Refusing to attend school, or making excuses not to go
- Headaches or stomach aches
- Acting out, tearfulness and lack of interest in usual activities.

What should I do if I think it's happening?

Try to stay calm and take the following steps:

- Listen carefully to your child
- Praise your child for telling you what's going on
- Find out:
 - what happened
 - who was involved
 - where it happened
 - whether anyone else saw, read or heard it

- Talk with your child about what should be done
- Make a note of what your child tells you for later reference.

Talk to the school

Your child may not want you to talk to us. However, it's important that you let the school know so that we can work out the problem together.

- Make a time to speak to your child's mentor teacher or our principal
- Be as clear as possible about what happened
- We can then discuss what else you and we can do to help your child and stop the bullying or harassment, wherever possible without identifying your child
- Stay in touch with us, and let us know if problems continue.

Advice for Students

Everyone - including you - has the right to learn and play in a safe and caring environment, free of bullying or harassment of any kind.

That means you should be kind and thoughtful to others at all times, by:

- Getting along
- Greeting them with a smile
- Saying thoughtful things
- Including them in your games and activities
- Being aware of how your behaviour affects them
- Changing your behaviour when it is upsetting someone
- Getting to know new people and making them feel welcome.

Remember, harassment and bullying is *always* unfair and unacceptable.

What can you do if you're being bullied?

1. Talk to the person who is bullying you

- Tell them clearly and firmly to "stop it because you don't like it"
- Remind them about the school rules
- Take a friend with you.

If the bullying continues, either try again or consider options 2-4.

2. Ignore it or walk away

If the bullying continues, either try again or consider options 3-4.

3. Seek help from a teacher or parent

- Tell them *everything*
- Decide with them what you will do.

If the bullying continues, consider option 4.

4. Seek further help – go to the Principal

- Keep asking for help until the bullying stops
- The principal will decide what action to take.

If the bullying continues, ask Mum or Dad to raise it with the Department for Education and Child Development (DECD) Adelaide Hills regional office, by phoning 8391 4705.

