## STUDENT WELLBEING POLICY

### BULLYING PREVENTION

### RATIONALE

Our Catholic School is a community that exemplifies the Gospel values of love, forgiveness, justice and truth.  Sacred Heart community recognises that everyone has the right to be respected, to feel safe and be safe; and in this regard, understands their rights and acknowledges their obligation to act responsibly.

### AIMS

Every person at Sacred Heart School has a right to be treated respectfully, to be safe, to learn and to be happy, therefore we aim to:
- Promote the values of honesty, fairness and respect for others
- Acknowledge the worth of all members of the community and their right to work and learn in a positive environment
- Foster self-discipline and encourage students to develop responsibility for their own behaviour
- Educate our community about what bullying is and its effects
- Reinforce that bullying is unacceptable and empower 'onlookers' to be proactive in speaking up and seeking help
- Encourage reporting of any bullying
- Restore relationships.

### IMPLEMENTATION

- The Prevention of Bullying, based on the Restorative Practices approach, is the key responsibility of all staff and is linked to the Behaviour Management Policy.
- The school rules and their consequences are discussed at the beginning of each year in all classrooms.  These are reviewed regularly.
- Common language based on Restorative Practices is used by staff and students when addressing social problems and in behaviour management.
- Education on the definition of bullying, its possible effects and procedures to deal with bullying are a focus of classroom programs

- Open communication between parents, staff and students is maintained.
- All staff members are familiarised with the policy to ensure consistency.
- Students involved in bullying incidents are referred to the Student Wellbeing Leader, Learning Diversity Leader, Principal or Deputy Principal.

## EVALUATION

This policy is reviewed biennially.

**Policy revised by:** Student Wellbeing Core Team and Staff, 2018

## SCHOOL RULES

**At Sacred Heart School everyone has the right to be treated respectfully, to be safe, to learn and to be happy.**

- We Follow Directions
- We Keep Our Hands, Feet and Objects to Ourselves
- We Take Care of All Property
- We Speak Appropriately
- We Listen to the Speaker
- We Play Safely and Move Safely

## RESTORATIVE PRACTICES FOUR QUESTIONS

Restorative Practices is a whole school approach to promoting resilience and building positive relationships.  It is focused on helping young people become aware of the impact of their behaviour on others through personal accountability and learning from a conflict situation.  An important component of restorative practices is the focus on restoring relationships after harm has been done.  When we maximise the connections with and between students we minimise the risk of misbehaviour, mistakes and wrongdoing.
https://cevn.cecv.catholic.edu.au/css/studentwellbeing/restorativepractices.htm

The following questions are used to solve problems in the playground or in the classroom, to restore relationships:

- What happened?
- Who was hurt/ affected by what happened? How?
- What needs to happen to make things right?
- If the same situation happens again, how could you behave differently?

**Bullying**

*Bullying is behaviour by one person or a group of people towards another, which is designed to hurt, injure, embarrass or cause discomfort to that person. The behaviour is intentional, selective, uninvited and repeated over time. It can be in person or online and it can be obvious or hidden.*

Each person has a role to play by respecting the rights of others. Bullying behaviours will not be tolerated at Sacred Heart. It is essential that bullying incidents be reported immediately to the Student Wellbeing Leader, Learning Diversity Leader, Principal or Deputy Principal.

Support will be offered to any student being bullied. Those students who bully others will be expected to take responsibility for their actions, complete a Behaviour Reflection sheet and make a personal apology. Parents will be contacted and appropriate consequences implemented, which may include:

- *exclusion from class*
- *exclusion from playground*
- *withdrawal of privileges*
- *in school suspension*
- *exclusion from school for period of time designated by the Principal.*

Students will be encouraged to change their behaviour with the support of teachers and through the school's classroom social skills program. If bullying continues, students will be referred to the Principal who will determine appropriate strategies and action.

**What staff and students can do to create a safe environment at Sacred Heart:**

**Staff**
- Be role models in word and action
- Be observant of signs of distress or suspected incidents of bullying
- Investigate bullying incidents promptly and thoroughly
- Actively supervise students to prevent potential bullying situations/occasions

- Ensure classroom programs include the definition of bullying, its possible effects and procedures to deal with bullying
- Regularly remind students to report incidents at the time they happen or as soon as possible.

**Students**
- Play in playground areas supervised by teachers
- Say 'no' to being part of bullying behaviours
- Make choices about not being a passive bystander in bullying incidents
- Seek assistance and report incidents to a teacher as soon as possible, understanding the difference between 'dobbing' and 'telling'.

**Parents**
- Understand the definition of bullying
- Listen calmly and get your child's perspective of the situation. If necessary, contact the school for further clarification.
- Advise your child to follow the recommended procedures for dealing with bullying and offer your assistance in doing so
- Be willing to inform the school of any cases of bullying
- Discourage inappropriate behaviour; support consequences put into place by the school
- Continue to check in regularly with how your child is feeling.
- Encourage and reward positive behaviours.

## Bullying – what can you do?

*Bullying is behaviour by one person or a group of people towards another, which is designed to hurt, injure, embarrass or cause discomfort to that person. The behaviour is intentional, selective, uninvited and repeated over time. It can be in person or online and it can be obvious or hidden.*

If it happens in person:
- Ignore them
- Tell them to stop and then walk away
- Pretend you don't care
- Go somewhere safe
- Get support from your friends

If it happens online:
- Avoid responding to the bullying
- Block and report anyone who is bullying online
- Protect yourself online – use privacy settings and keep records

If you see someone being bullied:
- Leave negative online conversations – don't join in
- Offer support
- Don't be a Bystander

If it doesn't stop:
- Talk to an adult (parent, teacher) who can help stop the bullying
- Keep asking for support until the bullying stops

*www.bullyingnoway.gov.au*