DARLING HEIGHTS STATE SCHOOL
ANTI-BULLYING POLICY

Bullying **is when a person or a group wants to hurt someone and repeatedly does something hurtful to that person. The bully or bullies are in some way more powerful than their victim and they use that power unfairly. Bullies show evident enjoyment when they hurt their target. The victim feels oppressed.**

There are *three broad sorts of bullying*:

> *Physical bullying***:** e.g. hitting, tripping, pushing, spitting, damaging or defacing property, imitating someone's gestures or movements, using offensive gestures, unnecessary or unwelcome physical contact, threatening with a weapon, locking in a confined space.

> *Verbal bullying***:** e.g. teasing, mocking, intimidating, name calling, insulting, imitating someone's accent, making suggestive, sexual, homophobic or racist remarks, making obscene phone calls, abusing.

> *Indirect bullying***:** e.g. lying, gossiping, spreading rumours, playing embarrassing or humiliating jokes, ignoring, encouraging others to exclude someone, damaging a person's reputation and social acceptance, denying someone information, cyber bullying using SMS, email or chat rooms.

Bullying is unacceptable behaviour **resulting in hurt, fear, loss of self-esteem and poor social effectiveness for the victim. *Bullying* is contrary to the stated values of Darling Heights State School.**

At Darling Heights State School we:

> ➢ understand that it is in the nature of children to try out different behaviours from time to time and that it is our responsibility to shape appropriate behaviour in students;
> ➢ try to create a nurturing environment that promotes mutual respect among everybody in the school community and self-esteem and self-confidence in individuals;
> ➢ try to develop in students the understanding that they must take responsibility for their own behaviour;
> ➢ have a **Code of School Behaviour** which outlines what is expected of students;
> ➢ implement strategies to discourage bullying as well as appropriate strategies to deal with any occurrences of bullying that may occur from time to time.

We attempt to achieve these by:

> ➢ whole-school approaches to learning, teaching and administration;
> ➢ social development programs for all students that include an appropriate anti-bullying program;
> ➢ familiarising students, their parents and carers with the School's "Code of School Behaviour" and "Responsible Behaviour Plan";
> ➢ Promoting supportive relationships and contact with parents, carers and school staff;
> ➢ Providing staff training on bullying issues.

We respond to incidents of bullying with a problem solving approach rather than punishment though students are made familiar with the negative consequences that can result from poor behaviour.