

Be part of the **solution** not part of the **problem**. A bystander is an onlooker or spectator to **bullying and harassment**.

Ways to **STOP bullying**, as long as you feel **safe** you could:

- Tell the person that you will tell a teacher if they continue;
- Go and tell a teacher immediately;
- Tell the person who is **bullying** to **STOP**;
- **Encourage** your friends to **respectfully** tell the person to **STOP**;
- **Help** the person who is being bullied to get away from the situation;
- Talk to your friends about taken a stand against **bullying**.



"A study reported 1 in 4 Australian students experience bullying. So if you're being bullied, you're NOT alone."

Useful websites and contact numbers:

www.kidshelp.com.au
www.bullyingnoway.com.au
www.beyondblue.com.au
www.headroom.net.au
www.esmart.org.au
www.cybersmartkids.com.au

Kids Help Line: 1800 55 1800
Youth Help Line: 1300 13 1719
Life Line: 13 11 14

Developed in association with:
EPS SRC 2020

Endorsed by:
Governing Council 2020
& EPS Staff

Edwardstown Primary School



Anti-Bullying Information for students and families

We are committed to providing a safe and supportive environment for all members of the school community.



Government of South Australia
Department for Education

BULLYING DEFINITION:

Bullying is when one student (or a group) keeps picking on another student again and again to upset or hurt them. They might hurt them physically, try to socially isolate them or say and do many mean or humiliating things to them.

Bullying is repeated actions. A single incident may still be responded to as part of the school's behaviour management processes as unacceptable behaviour.



BULLYING CAN BE BY DIRECT OR INDIRECT MEANS:

Direct bullying: occurs between the people involved, whereas indirect actions involve others, for example passing on insults or spreading rumours.

Indirect bullying: mostly inflicts harm by damaging another's social reputation, peer relationships and self-esteem.

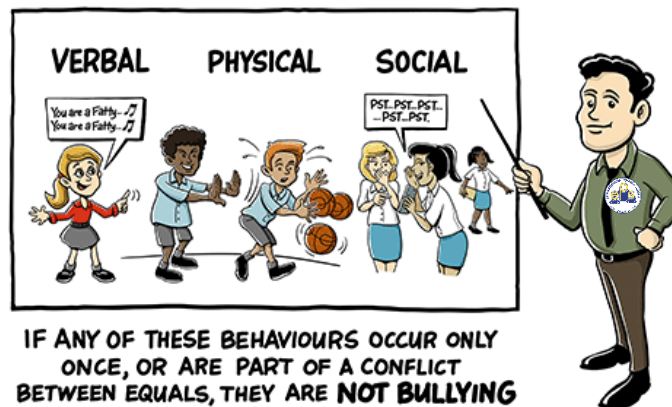
THERE ARE THREE TYPES OF BULLYING BEHAVIOUR:

VERBAL & WRITTEN BULLYING: which includes name calling or insulting someone about physical characteristics such as their weight or height, or other attributes including race, sexuality, culture, or religion

PHYSICAL BULLYING: hitting or otherwise hurting someone, shoving or intimidating another person, or damaging or stealing their belongings

SOCIAL BULLYING: consistently excluding another person or sharing information or images that will have a harmful effect on the other person.

Verbal, physical and social bullying can occur in person or online, directly or indirectly, overtly or covertly.



OVERT, OR HIDDEN FROM THOSE NOT DIRECTLY INVOLVED, CALLED COVERT.

Overt bullying involves physical actions such as punching or kicking or observable verbal actions such as name-calling and insulting.

Covert bullying can include repeatedly using hand gestures and weird or threatening looks, whispering, excluding or turning your back on a person, restricting where a person can sit and who they can talk with.

AT EDWARDSTOWN PRIMARY SCHOOL WE WORK TOGETHER TO UPHOLD OUR SCHOOL VALUES:

RESPECT
★
CARE AND COMPASSION
★
DOING YOUR BEST



