

## What Students can do to help:

### If you have been bullied:

tell the person who is bullying you to stop; and/or discuss the situation with someone you trust e.g. friend, parent, teacher, Counsellor, Year Level Leader or Head of School. "THIS IS NOT DOBBING". You have a right to talk it over in confidence.

### If you witness bullying:

- don't join in - being part of a group which is bullying someone is just as bad as being a bully.
- report bullying so that both the person being bullied and the bully can receive help.
- try to tell those who are bullying to stop

## What Staff Members will do when bullying is reported to them

- listen to the student in a caring manner
- keep a record of essential details
- be sensitive to how the student would like the problem solved
- offer a number of options to the student
- refer to counsellors
- refer to Learning Community Leader (LCL)
- refer to Year Level Leader (YLL) or Head of School,

## Consequences

When a referral is made to a relevant staff member then:

- both the person being bullied and the person reported for bullying will be interviewed separately
- parents may be contacted
- school based counselling may be recommended
- for any subsequent incident of bullying an interview will be arranged between the parents of the bully and the College
- Suspension may follow depending on the circumstances

*Any case of retaliation against a person for reporting bullying will be treated very seriously*

## What Parents Should Do

Bullying often occurs out of the sight of teachers. Therefore if you have concerns about your child's welfare, please contact your child's LCL, YLL or HOS as soon as possible. College staff will listen and respond in a sensitive manner.



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# Positive Relationships Policy

All members of the College community are committed to ensuring a safe and caring environment which fosters growth, positive self-esteem and good interpersonal relationships. This means that bullying in any form will not be tolerated.



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## What Is Bullying?

Bullying is: "Repeated intimidation over time of a physical, verbal or psychological nature of a less powerful person by a more powerful person or group of persons". Rigby and Slee



### Some Common Excuses:

#### *"I was just mucking around, can't they take a joke?"*

This is the most common response to bullying. It is not a joke to put someone down, ridicule them, make them feel uncomfortable, push them around or take their things. This is bullying.

#### *"I'll ignore it and it will go away"*

If anything, ignoring it makes it worse. It gives the impression that bullying is OK with you and that you agree with what the bully is doing.

#### *"I don't want to cause trouble"*

Students have a right to feel safe at school. You are not causing trouble, you are standing up for yourself and for your rights.

#### *"It's just a natural part of growing up"*

There is nothing natural about being victimized. Students have a right to feel safe at school, as well as at home.

#### *"No-one can do anything about it"*

Most cases of bullying are sorted out very simply, especially if it is reported straight away. The College is committed to solving these problems.

#### *"Don't dob"*

It takes courage and strength of character to stand up for your rights and those of others. Bullying continues when people do nothing.

### Bullying includes:

- name calling, teasing, ridiculing & sarcasm
- putting down others and their achievements
- being touched in ways you do not want to be touched
- damaging, removing or hiding belongings
- making comments about another of a sexual nature
- making comments about family, country of birth or religion
- making comments about another's physical appearance or clothes
- physical violence or threats
- spreading rumours
- demands for money or possessions
- purposely leaving someone out of activities
- glaring and menacing gestures
- telephone bullying
- internet bullying

### Some Effects of Bullying:

- poor health
- missed classes due to stress
- feeling threatened in the school yard
- lack of sleep
- poor school performance
- inability to concentrate
- withdrawal from class participation
- low self-esteem
- low opinion of the school

### Bullying may occur between:

- fellow students
- members of staff
- staff and students