What to do if you are being bullied.

You can control what happens.
Do not retaliate by using physical or verbal bullying. Do not show fear. If you don't show fear the bully is no longer rewarded and the bullying will most likely stop.

You have to decide what action to take.

Step 1. **IGNORE IT.** Show that it does not upset you. The harasser is then not rewarded and the harassment may stop.

If it does not stop:

Step 2. **USE YOUR VOICE.** Talk to the person bullying you. Tell him or her in a firm, clear voice that they are to STOP.

If the bullying continues:

Step 3. **TELL.** Approach the Principal, a teacher, your friends, your parents. Allow this person to take the action they see necessary.

It is right to report bullying
Every person has the right to be safe.

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**Consequences**

If you bully someone, one or more of the following things will occur:
- ✓ You will engage in discussions about the behaviour with a staff member.
- ✓ You will be removed from the classroom/playground to consider more appropriate behaviour.
- ✓ You will lose privileges.
- ✓ You will offer apologies.
- ✓ You will be banned from the facilities/property you have misused.
- ✓ You will lose your own time (time out)
- ✓ You will discuss your behaviour with the Principal, your parents will be informed.
- ✓ You may be suspended.

**Programs**

Queanbeyan West Public School implements an explicit anti-bullying program and a whole school values program. We have class based, Peer Support, Personal Development and Child Protection programs. We have a strong Student Representative Council and an active Learning Support Team.
At Queanbeyan West Public School
We Believe:

✓ In showing respect
✓ In respecting our own property and the property of others.
✓ In contributing to a safe and happy school environment
✓ That everyone has the right to feel safe and happy.

We all have a responsibility
✓ To help others.
✓ To treat others with respect.

Kinds Of Bullying
Bullying is ongoing verbal, psychological and/or physical attacks against a person or group of people. It is meant to hurt physically and/or emotionally.

This can be done by an individual or by a group gathering together to bully someone.

Physical Bullying
× Hitting, punching, chasing, jostling, pushing, spitting or sexual abuse.
× Frightening others by threatening these actions against them.

Non-Physical Bullying
× Hiding, damaging or destroying the property of others.
× Using offensive names, making suggestive comments or other forms of sexual harassment.
× Making degrading comments about another’s culture, gender, religious or social background.
× ridiculing a person or making hurtful comments about his or her body or face.
× Writing crude notes or crude drawings about others.
× Spreading rumours about crude drawings about others.
× Belittling another person’s abilities or achievements.
× Deliberately isolating a person.
× Daring, bribing or manipulating another person.
× Invading others personal space.

REMEMBER
✓ It is your right to tell someone if you or your friends are being bullied.

You are bullying teachers or students if you:

× Single out another person for unfair treatment
× Spread rumours about another person
× Stalk another person
× Tease or abuse others.
× Repeatedly act disrespectfully to your teachers and disrupt the learning of others.
× Condone bullying of others by laughing, standing by and watching, or by failing to intervene.
× Threaten others
× Write notes or graffiti about another person.
× Damage, hide or destroy the property of others.

About those who bully.
These people try to fell better by 'putting others down'. They often seek to have a group around them to feel safer. Those in the group are sometimes frightened that if they do not join in, the bully might turn on them.

If you are not being bullied, but are aware of others who are bullied – You should decide to do something about it and help protect others.

✓ If you are part of a bullying group it is better to change your friendship group now rather than go on hurting others.