

## What will school staff do?

When bullying occurs, staff at St Mary's may:

- Teach, reteach and reteach students how to cooperate and "get on" with others.
- Work out a behaviour plan or playground plan for some students, to keep everyone safe.
- Teach students about conflict and bullying.
- Use programs and resources that help students become more confident and resilient. MJR, You can Do It.
- Run anti-bullying workshops. (Individual or group)
- Have special meetings to work things out with the involved students.
- Have student complete classroom tasks about bullying in school.

## What can I do if I feel that St Mary's is not dealing with the bullying?

- Talk to your parent.
- Make an appointment to meet with your teacher, School Guidance Counsellor or the Principal
- Ask your parent to contact Brisbane Catholic Education Office to speak to the Area Supervisor South West Region on 34407905.

## Where can I get more information about bullying?

**Kids Helpline:** a free, private and confidential, 24-hour telephone and online counseling service for young people aged between 5-25 years.  
<http://www.kidshelp.com/au/>

**Act Smart Be Safe:** a gateway for parents, students, teachers and the community to access information to help improve youth safety.  
<http://education.qld.gov.au/actsmartbesafe/>

**Alannah and Madeline Foundation:** a national charity protecting children from violence and its devastating effects.  
<http://www.amf.org.au/AboutUs/>

**Bullying. No Way!:** an online resource providing information for parents, students and educators.  
<http://www.bullyingnoway.com.au/who/default.shtml>

**KidsMatter:** aims to improve the mental health and wellbeing of children.  
<http://www.kidsmatter.edu.au>

**National Centre Against Bullying:** a peak body working to advise and inform the Australian community on the issue of childhood bullying and the creation of safe schools and communities, including the issue of cyber safety.  
<http://www.ncab.org.au>

St Mary's Primary School does not tolerate bullying.



**St Mary's Primary School**

Positive Behaviour for  
Learning (PB4L)

*Student Information on  
Bullying*

## What is Bullying

- Bullying is when someone feels hurt or upset because of the things another person or group is doing to them **over and over again**.
- Bullying is not when one person calls another person a name, or hits a person. It is when that behaviour happens repeatedly.
- Bullying can happen anywhere and can involve both staff and students. It can happen at school, in the community and online.



## What should you do if you are being bullied?

If you are being bullied:

- Stay calm.
- Use **STOP, WALK, TALK**
  - Tell the bully to **STOP**- *Stop calling me that . It hurts my feelings.*
  - **Walk** away from the situation.
  - **Talk** to someone you trust about what has happened, for example the teacher on duty, your class teacher or the Principal. It is vital that you **TALK**. **Bullies thrive on secrecy.**

When talking about what has happened make sure you tell them:

1. What the person/s has been doing? Be specific about the behaviour.
2. Who has been involved?
3. Where have the incidents occurred?
4. Has anyone else seen the bullying behaviour?
5. When it has happened and How often has it happened?
6. What have you already done about it?

## What should I do if I see someone being bullied?

If you see someone being bullied, keep safe and choose your response to match the situation:

- Use **STOP, WALK, TALK**
  - **STOP !** Speak up and let the person doing the bullying know that what they are doing is bullying and we do not do that at St Mary's.
  - **WALK** Refuse to join in with the bullying and walk away.
  - **TALK** Ask a teacher or support person for help.
- Help the student who is being bullied to ask for help.
- Report what happened.
- Use some of the links on the back of this pamphlet to help you find more information on bullying.