



Blair Athol North  
School

BELONGING, BEING, BECOMING

# Bullying Agreement

GOLDEN RULE:

**Treat others as you would like them to treat you**

SCHOOL VALUES:

**HONESTY RESPECT RESPONSIBILITY CONFIDENCE WELLBEING**

**If you see or experience bullying you must report it straight away.**

**It's everyone's responsibility to stop bullying.**

**Talk to an adult or email**

**[stopbully@banb7.sa.edu.au](mailto:stopbully@banb7.sa.edu.au)**



**Government of South Australia**

Department for Education

***"Someone who bullies, has someone scared inside." – W.McCaskill***

At Blair Athol North B-7 School all students have the right to learn in a safe environment. We take an educative approach in dealing with bullying. We believe the most effective way is to raise the empathy level of the bully and work with students on bystander behaviour.

It also vital to work on empowering the hurt student/s. We implement specific reflective processes that target these areas. We have a moral obligation to act on bullying.

Bullying is an act of cruelty. When dealing with the issue of bullying it is critical to focus on raising the empathy levels of all children through well thought out, targeted strategies that develop this virtue.

The Reflect, Repair and Repay model at Blair Athol North B-7 is based on humanising both the bully and the bully's target and developing an understanding and awareness of others, accepting responsibility, earning back respect and trust, saying sorry and reinforcing the fact that the perpetrator belongs to a community that is committed to helping them become a valuable member of society.

### What is BULLYING / CYBER BULLYING?

- A repeated, unjustifiable behaviour that may be physical, verbal or psychological
- Intended to cause fear, distress or harm to another
- Intended to take away someone's power or safety
- Conducted by a more powerful individual or group against a less powerful individual or group

Examples of:	Direct Bullying (repeated & unjustifiable)	Indirect Bullying (repeated & unjustifiable)
<b>Physical</b>	Hitting, slapping, punching, kicking, strangling, spitting, biting. Throwing objects directly at someone. Inappropriate touching.	Organising another student to harm someone. Not respecting personal space.
<b>Non Physical</b>	Name-calling. Hurtful teasing. Demanding money or possessions. Forcing or coercing others to commit offences such as stealing.	Constant exclusion from a group. Spreading rumours. Getting other students to dislike another student.
<b>Non Verbal</b>	Threatening and/or obscene gestures.	Deliberate, organised exclusion. Removing, hiding and/or damaging others belongings.

**\*\*\*Bullying is not one off incidents, accidents, differences of opinion or poor social interactions/reactions.\*\***

### If you are being BULLIED you should:

- Tell them to stop, use a strong voice saying exactly what the behaviour is you don't like and how it makes you feel
- Ignore them and report their actions
- Walk away and report it
- Tell an adult who will help you
- Use the [stopbully@banb7.sa.edu.au](mailto:stopbully@banb7.sa.edu.au) email to report

### **If you see someone being BULLIED you could:**

- Tell the bully to stop
- Be a friend to the person being bullied
- Find another friend or group to play with
- Ask an adult for help
- Report the bullying
- Use the [stopbully@banb7.sa.edu.au](mailto:stopbully@banb7.sa.edu.au) email to report

### **At Blair Athol North B-7 we use Reflect, Repair and Repay (3Rs Method) in our process to address BULLYING**

#### **Making things better, paying back and moving on**

The intent of the 3Rs method is to raise empathy, build self awareness, encourage self respect and encourage self control. The child / young person can then reconnect with the community. It's holistic because the method involves all stakeholders (active involvement). The method is **done with** the child / young person and **not to** child / young person.

Learning Advisors having the option of taking a student through the 3Rs model. Leadership will look after the rest of the studio group. Alternatively, a member of leadership will complete the method.

Families are contacted and informed about the incident and encouraged to discuss it with their child.

#### **The school community:**

- Provides positive role models
- Builds self esteem and resilience
- Develops skills and strategies to deal with BULLYING
- Keeps lines of communication open
- Shares information

#### **What we do at Blair Athol North B-7 school to reduce BULLYING:**

Learning Advisors talk in a way that allows child to reflect - not react, and behave in a way that allows children / young people to accept and not defend. Learning Advisors use language prompts and language that encourages self-control. They also take the time to use language prompts to re-direct behaviour both in front of the studio, in groups and individually.

#### **Reflective Language**

- *Right thing or wrong thing to do?*
- *Strong decision or weak moment decision?*
- *Feelings or thinking in charge?*
- *Am I trying to hurt you or help you?*
- *Are you running away from the problem or dealing with it?*
- *Being your own boss or asking me to be the boss?*

References:

Bullying websites - <http://bullyingnoway.gov.au/>

<http://www.stopbullying.gov/>