

Response to Bullying



At St Joseph's Catholic School, we believe that student wellbeing is paramount. In order for our students to Love, Learn and Serve to the best of their ability, they must have a safe and positive school environment.



**ST JOSEPH'S
CATHOLIC SCHOOL**
MOUNT ISA

Love · Learn · Serve

Response to Bullying

St Joseph's Catholic School recognises the need to work in partnership with students, staff to foster positive relationships, promote personal responsibility and facilitate successful educational outcomes, based on the Gospel values and the charisms of St Joseph and St Mary of the Cross MacKillop.

Our School motto 'Love, Learn, Serve', calls each one of us to value the dignity of every member of our community. We aim to cultivate in our students an ability to recognise and value safe and positive relationships.

Bullying/Harassment of any kind is not only illegal (various State and National Laws) but is contrary to the School's Mission Statement and general philosophy, as evidenced by the principles in our St Joseph's Guide to Behaviour Management. Any such behaviour will be treated as a serious infringement of the guide.

The following proactive programs are implemented at St Joseph's Catholic School:

- The 5Cs - Courtesy, Care, Consideration, Cooperation and Common Sense
- Program Achieve: YOU CAN DO IT
- Bullying: The Power to Cope
- Zones of Regulation
- 1, 2, 3 Magic and Emotion Coaching
- Better Buddies Program
- Inform & Empower

As a school community we are committed to raising awareness of bullying through campaigns including but not limited to:

- Bullying No Way
- Do it for Dolly Day
- Day for Daniel

What is Bullying?

By legal definition, bullying is repeated behaviour that:

1. Is directed at an individual or a group (or is a pattern of behaviour)
2. Is often intimidating, humiliating, undermining, and
3. Is unwelcome and a reasonable person would consider the behaviour to be offensive, humiliating or intimidating for the individual or group. Whether or not the offender intended to offend is irrelevant.

Types of Bullying

Face-to-Face Bullying

Sometimes referred to as direct bullying, it involves physical actions such as punching or kicking or overt verbal actions such as insulting and name-calling.

Covert Bullying

Sometimes referred to as indirect bullying, this is a subtle type of non-physical bullying which is not easily seen by others and is conducted out of sight, and often adults are unaware of its existence.

These include:

- using hand gestures and threatening or strange/socially inappropriate looks;
- whispering, excluding, turning one's back on a person;
- blackmailing, spreading rumours, threatening, negatively influencing friends;
- revealing secrets, gossiping, criticising clothes and personalities.
- personally directed graffiti

Cyber-Bullying

Cyber-bullying is a term used to describe bullying that is carried out through internet or mobile phone technologies. It is often combined with off-line bullying.

Examples of Cyber-bullying include:

- the sending of abusive texts or emails;
- taking and sharing unflattering or private images, including naked or sexually suggestive images;
- posting unkind messages or inappropriate images on social networking sites;
- excluding individuals from online chats or other communication;
- assuming the identity of the victim online and representing them in a negative manner or a manner that may damage their relationship with others;
- repeatedly, and for no strategic reason, attacking players in online gaming.



What is Harassment? What Bullying is Not

Harassment is a specific treatment of a person based on the following:

- identity;
- race;
- culture or ethnic origin;
- faith;
- physical characteristics;
- gender;
- sexual orientation;
- marital, parenting or economic status;
- age;
- ability or disability
- unwanted physical contact

This can be considered bullying in some cases.

What is Conflict?

Conflict is a mutual disagreement, argument or dispute between people where no-one has a significant power advantage and both feel equally aggrieved. Conflict is different to bullying because there is always an imbalance of power in bullying.

What Can You Do?

STUDENT

Try some strategies: (from 'Bullying: The Power to Cope')

- Use positive self-talk
- Communicate that you are not being hurt through body language (e.g. turn shoulder, point feet in different direction, raise eyebrows and make a slight grin) and give an assertive response (e.g. "Whatever", "That's your opinion", "Thank you for sharing")
- Find friends and TALK (Tell someone you have a problem; Advise a friend; Listen); Know who can help you)
- Seek professional help - School Safe Person, teacher, trusted staff member
- Parent or family member
- Go online or call a Kids Helpline counsellor

PARENT

- Look for signs (loss of interest/lower academic performance, reluctance to attend/talk about school, mood swings, loss of appetite/stomach pains, loss of sleep, physical injuries, loss of personal property, limited social contact with peers)
- Stay calm and positive
- Talk with your child
- Do not advise your child to fight with the other child
- Do not approach the other child
- Report the bullying to the School
- Be familiar with "Working Together: Parent Code of Conduct" and the Townsville Catholic Education Complaints Process

Bullying is different from rough-and-tumble, infrequent teasing or school yard fights. What makes it different is that the incidents are ongoing, and there is usually an imbalance of size, strength and power between the students involved.

Bullying is Not:

Mutual Conflict*

Where there is an argument or disagreement between students but not an imbalance of power.

Social Rejection or Dislike*

It is not feasible to think that every student must like every other student. However, not being friends is very different to bullying and harassment.

Single-Episode Acts of Nastiness or Meanness, or Random Acts of Aggression or Intimidation*

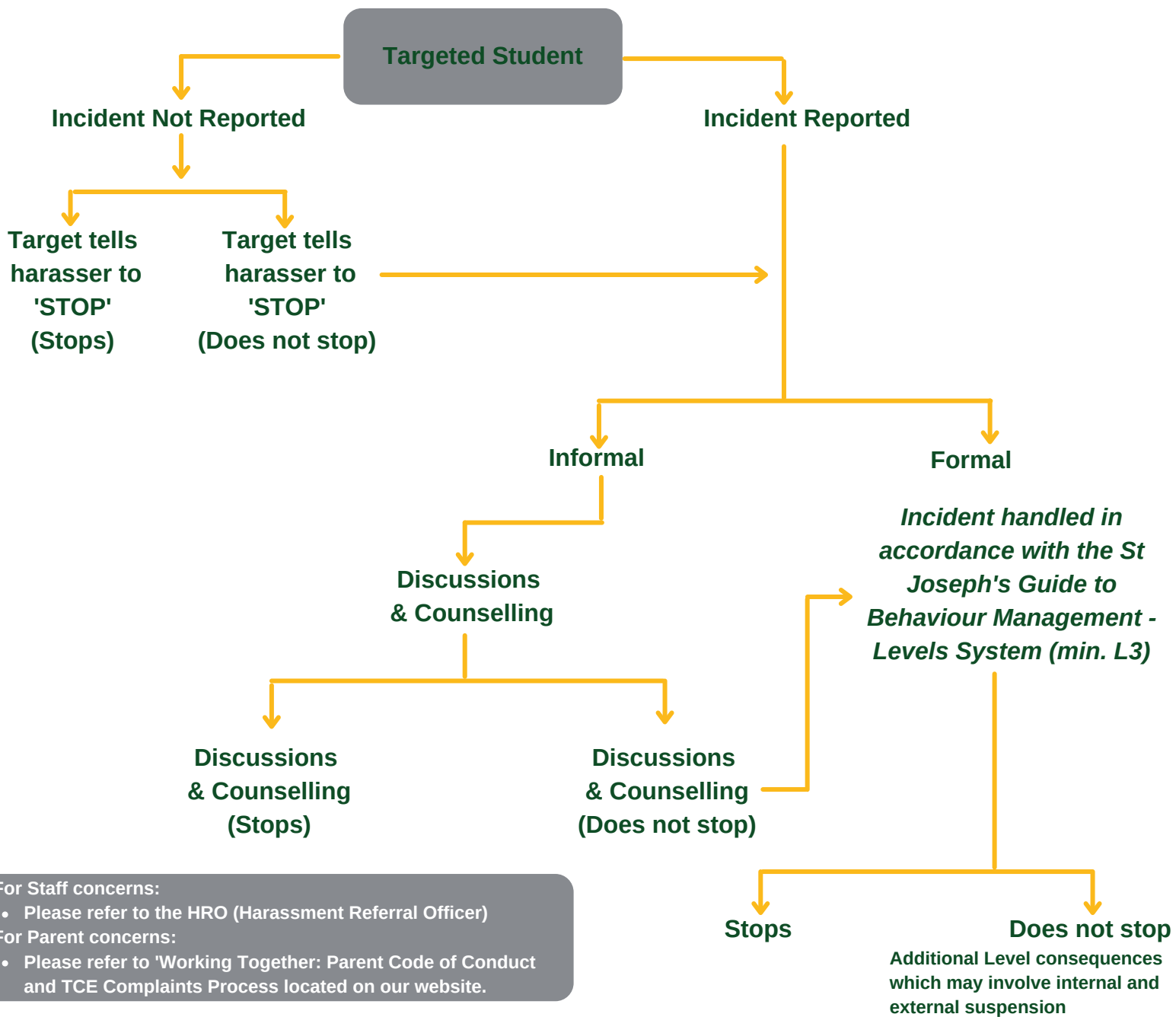
A single episode of nastiness, physical aggression, verbal abuse or an occasional push or shove is not bullying, neither is nastiness or physical aggression directed towards many different students.

*This scenario will be dealt with by the existing St Joseph's Guide to Behaviour Management.



Process

The 'targeted student' reports the incident and wishes for the complaint to be dealt with either formally or informally. This process is outlined below in detail.



Who Can Help?

- School Safe Person/Trusted staff member
- Guidance Counsellor (referral process)
- Kids Helpline 1800 55 1800
24 hours a day, 7 days a week.
www.kidshelp.com.au
- Lifeline 13 11 14
- Child and Youth Health www.cyh.com.au
- Bullying. No Way!
www.bullyingnoway.com.au
- NetAlert www.netalert.net.au
- Think U Know www.thinkuknow.com.au
- Children's eSafety Commissioner
www.esafety.gov.au

