



GRANT HIGH SCHOOL

BUILDING FUTURE READY CITIZENS

Anti-Bullying Policy

Our Policy

At Grant High School, we work together to create a learning environment where every student and school community member is safe, supported, respected and valued.

Our Beliefs

Our mission is to build future ready citizens. Future ready citizens are resilient, creative, lifelong learners. They approach all aspects of their lives with passion, enthusiasm, and determination in order to be meaningful contributors to their communities.

Our values

Respect – actively listen, using good manners and considering others' needs.

Trust – having confidence, and reliance on others based on their integrity, honesty and consistency.

Commitment – demonstrating dedication, perseverance, and loyalty towards one's goals and responsibilities.

Bullying is unacceptable, and will not be tolerated

What is Bullying?

Bullying is described as deliberate, hurtful gestures, words or actions that may be repeated over time.

Examples include:

- Being excluded from a group of friends
- Being hit, pushed or kicked
- Cyber bullying – receiving offensive text, web based, or social networking messages
- Being called offensive names
- Having possessions interfered with or stolen
- Offensive graffiti
- Spreading rumours
- Making fun of people's disabilities, weaknesses or achievements
- Making fun of people's skin colour, facial features or physique, race or religion, accent or sexual orientation
- Touching in an unwelcome way
- Demanding food or money
- Any behaviour that makes someone feel uncomfortable

What students can do about bullying?

- Tell the person(s) involved to stop
- Ask other people to stop, if you observe them bullying someone
- If you are being bullied, or someone you know is being bullied, report it
- Talk to your class teacher or any teacher that you feel comfortable talking to
- Talk to your parent/caregivers

RESPECT TRUST COMMITMENT



Government of South Australia
Department for Education

- Talk to a Wellbeing Leader or someone in the Wellbeing Centre
- Talk to friends

Report bullying as soon as it happens. Do not ignore it, it may get worse.

If you are a friend:

- Support your friend who is being bullied
- Encourage others to support them
- Listen to your friend, and encourage them to seek help and report it

If you are being a bully or harassing someone:

Put yourself in the position of the other person

- Ask: “What does it feel like to be bullied/harassed?”
- Talk to a teacher or Wellbeing Leader. They will help you change your behaviour in a supportive way

How we respond to reported incidents of bullying:

- We will listen and talk to the person who is being bullied and to the person(s) doing the bullying.
- We will put negotiated consequences in place for the person who has been bullying others. These may include a formal warning, contact with parent/caregivers, take home suspension and / or exclusion and restorative processes.

These steps may change depending on the circumstance – each person and incident is different.

Prevention strategies:

- We use our positive school values to promote inclusivity and to foster an environment of respect and empathy.
- We use curriculum through our Home Group Lesson program to teach students about respectful relationships and strengthen social and emotional skills.
- Our school fosters a caring environment where students are related to as individuals
- We aim to teach students about violence prevention, conflict resolution, anger management and problem solving
- We develop policies to promote student safety
- We value and celebrate diversity

Intervention strategies include:

- Wellbeing support for those bullied and bullying
- Contacting parent/caregivers to discuss strategies
- Consequences for bullies
- Regional services support

Post-intervention strategies include:

- Monitoring those bullied to ensure their continued safety and wellbeing
- Checking that the bullying has stopped

What Parent/caregivers can do?

Students who are being bullied may develop feelings of insecurity and anxiety and thus become more vulnerable. Self-confidence may be damaged with the consequent lowering of self-esteem. While they may not talk about what is happening to them their suffering is indicated through changes in mood and behaviour. It is therefore important to be alert to changes in behaviour to support early intervention.

- Talk to your child if you notice any ongoing mood or behaviour changes.
- Get the story – find out exactly what is/has happened
- Assure your child that they have done the right thing in reporting the bullying/harassment.
- Support your child to use assertive language, and seek help from school personnel.
- Do not speak directly to the bullies or their parent/caregivers.
- Contact the relevant Community or Wellbeing Leader
- With your child, check the website: www.bullyingnoway.com.au

**PARENT/CAREGIVER
DECLARATION:**

I have read this information and agree to support the school in eradicating bullying and harassment.

Signed:

Printed Name:

Date:

STUDENT DECLARATION:

I have read this information and understand that the bullying and harassment of others is an unacceptable form of behaviour

Signed:

Printed Name:

Date:

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