

## If your child is bullying others?

All children are capable of bullying others. It is normal for parents to feel shocked, embarrassed and even doubt if told his/her child has been bullying others.

### Tips for parents



- Talk to your child about the bullying behaviour and discuss why your child may want to bully others;
- Suggest other positive actions to handle a situation;
- Help your child to be aware of effects of bullying on others;
- Discuss your child's bullying behaviour and do not label him/her a 'bully';
- Encourage and provide opportunities to openly discuss bullying issues or concerns;
- Encourage your child to take responsibility for own actions;
- Be alert and respond straight away to discourage bullying behaviour at home; and
- Teach your child what is appropriate behaviour and how you expect him/her to treat others. That is friendly behaviour as opposed to not friendly behaviour.

## What if my child sees bullying happening?

Most children will be a witness (or a bystander) to bullying. A bystander can either support or discourage the bullying. Children who stand by and watch bullying without saying or doing anything are (knowingly or unknowingly) encouraging bullying behaviour.

It is important for parents to talk with their children about what they can do if they see someone being bullied.

Discuss the following bystander actions.

- ◆ Let the person who is bullying know that what he/she is doing is bullying; (not friendly behaviour)
- ◆ Refuse to join in with the bullying and walk away.
- ◆ Support the student who is being bullied. For example, ask him/her to join your group so that he/she does not feel alone; and/or
- ◆ Ask a teacher or another support person for help.

## How can I encourage my child to ask for help if they are being bullied?

About a half of all children who are bullied do not tell anyone. Children often think that telling someone about bullying is like 'dobbing'. Talk with your children about the difference between 'dobbing' and 'asking for help'.

'Dobbing' is when a person tries to get attention or get someone else into trouble. 'Asking for help' is when someone feels the situation is out of his/her control and he/she is not able to deal with it alone.

If anyone sees someone else in this situation he/she should also ask for help.

## WHAT A TEACHER WILL DO:

LISTEN and offer immediate support.

- Adopt positive classroom management strategies and incorporate anti-bullying messages in the curriculum.
- Provide positive role-models for students.
- Actively counteract bullying behaviour.
- Respond appropriately to any reported incidents of bullying.
- Be obviously present during recess and lunchtimes when on duty, as a deterrent to possible incidents of bullying.

*Extracts taken from—"How to Make Friends & Stop Bullying—A Parent's Guide", Friendly Schools & Families Program, Erin Erceg and Donna Cross, Child Health Promotions Research Unit*



**Yidarra Catholic  
Primary School**



## Parent's Information On Bullying

**At Yidarra, everyone has the right to feel safe and valued and every member of the school community has a responsibility to ensure this happens.**

## POLICY OBJECTIVES

- To support people who are bullied, as well as the bullies.
- To help people who are bullied to avoid and/or deal with bullying.
- To help students understand the difference between aggressive and assertive behaviour.

### Definition of Bullying

***Bullying is the wilful, conscious desire to repeatedly hurt, threaten or embarrass someone.***

## ACTS OF BULLYING

- Verbal: Nasty name calling, taunting, teasing and spreading gossip or rumours.
- Threats of physical harm and intimidation.
- Written: Writing and sending nasty notes.
- Extortion: demanding money or favours.
- Exclusion: Deliberately leaving someone out of an activity or ignoring and avoiding someone.
- Interference with personal property.
- Physical Harm: Hitting, punching, kicking and throwing objects.
- Racism or racist remarks and actions.
- Sexism or sexist remarks and actions.

## INDICATORS OF BULLYING

- Less interest in school
- Not wanting to go to school.
- Becoming withdrawn.
- Lower school performance.
- Complaints of headaches or stomach aches;
- Frequent damage or loss of items such as clothing property or school work.
- Have unexplained scratches or bruises.
- Trouble sleeping, wetting the bed, nightmares or cry themselves to sleep.
- Come home hungry.
- Refuse to say what is wrong.
- Refuse to work in a particular group or sit next to a particular student.
- Mood swings.
- Withdrawn from social activities with peers.
- Generally unhappy, miserable, moody and/or irritable;
- Threatening or attempting to hurt themselves; and
- Having no friend to share free time with, and rarely invited to parties or other social activities with peers.



## WHAT IF MY CHILD IS BEING BULLIED?

If your child tells you he/she is being bullied:

- Thank them for telling you;
- Remind them that the bullying is not their fault;
- Show that you believe him/her;
- Listen with care to what your child has to say, try not to interrupt;
- Take their concerns seriously;
- Encourage your child to talk to you in detail about the bullying and who was involved, as well as bystanders;
- Tell your child that bullying is wrong and that they have the right to feel safe and happy;
- Keep in mind there may be other factors related to the situation that you may not be aware of;
- Be aware of your own responses react in a calm, helpful and caring manner;
- Suggest ways your child can get help and support at school;
- Help your child to work out a plan of what they could do to help make the situation better;
- Make time to talk to your child's teacher to decide what can be done and
- Arrange follow-up meetings with school staff to discuss what has happened even in things improve.

## WHAT ADVICE CAN I GIVE MY CHILD IF HE/SHE IS BEING BULLIED?

Your children are being taught at school to take the following actions if they have a problem with bullying at school:

- Walk away and ignore the person completely;
- Get help from a teacher or another person you trust;
- Ignore the situation and keep playing or working;
- Talk to someone like a friend or family member to get some ideas to help him/her to decide what to do.
- Try to talk with the person who is bullying; or
- Make a joke of the situation.

Be aware of your own response and react in a calm, helpful and caring manner.