



Renmark North Primary School

BULLYING and HARASSMENT

Bullying is when a person threatens you or forces you to do something you don't want to.

Harassment is when a person troubles or annoys you.

AT SCHOOL WE ALL HAVE THE RIGHT TO FEEL SAFE

If you are being harassed or bullied you could

- **STAND TALL**
- **LOOK INTO THE PERSON'S EYES**
- **TELL THEM IN A FIRM VOICE TO STOP**
- **IGNORE THEM AND WALK AWAY**

If these options do not help then

- **ASK A FRIEND**
- **ASK A PARENT OR ADULT**
- **ASK A TEACHER FOR SUPPORT**
- **TALK TO THE COUNSELLOR/PCW/PRINCIPAL**

If the harassment or bullying places you in danger, you need to tell an adult in your network immediately. If you are still being harassed/bullied, you need to keep telling an adult until you feel safe again.

WHAT HAPPENS NEXT?

Some of these things will happen after a complaint has been made:

- Direct intervention by Principal/Staff/Counsellor
- Separate meetings with you and the harasser/bully to talk about what happened
- A meeting between you and the harasser/bully to resolve the situation
- A meeting with the harasser/bully to talk about their options and to help them stop harassing and bullying.
- A consequence for the harasser/bully's behaviour will be worked out
- A parent Interview





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NOBODY HAS THE RIGHT TO MAKE OTHERS FEEL SCARED, EMBARRASSED, SAD OR UNSAFE

- Bullying/Harassment can happen once, but could be ongoing. They are often thought of separately; however both involve a person/group oppressing another person/group, often on the grounds of 'difference'.
- These differences can be related to culture, ethnicity, gender, sexuality, sexual orientation, ability or disability, religion, body size and physical appearance.
- Racial harassment is when insulting, offensive, demeaning, humiliating or intimidating behaviours are directed against individuals or cultural groups.
- Sexual harassment is when someone feels uncomfortable, embarrassed, afraid or upset because of what is said about them being a girl or boy.
- Computers/Mobile phones etc. can be used to harass/bully too. This is called 'Cyber Bullying' or 'Sexting'.

People make others feel **SAD, SCARED, UNSAFE or EMBARRASSED** by ...

WHAT THEY SAY:

- Calling someone names, teasing
- Telling dirty or racist jokes
- Putting someone down, spreading rumours

WHAT THEY DO:

- Hitting, pinching, kicking or touching
- Excluding
- Staring, using standover tactics, gesturing
- Touching or taking property
- Making someone do something they don't want to do
- Sending messages/photos to bully/hurt someone.
- Using the phone/internet to bully/hurt someone



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AT OUR SCHOOL IT IS NOT OK TO

HARASS OR BULLY OTHERS

HARASSMENT AND BULLYING

CAN CAUSE:

- A person to feel unwell and unhappy
- A person's school work to be affected
- A person to feel scared
- A person to feel bad about themselves
- A person to feel embarrassed in front of others
- A person to reject and feel bad about their own culture and family traditions
- A person to not want to come to school
- Arguments and Fighting

