A POLICY FOR THE PREVENTION OF BULLYING AND TEASING

A GUIDE FOR STUDENTS

St Mary's has, amongst its aims, the provision of an environment where every student has the opportunity to develop her potential in a caring, safe place.

St Mary's is a school that values the principles of truth, honesty and honour in personal conduct. This means the showing of care, consideration and respect for others. As a consequence of this we expect students to be tolerant of others' beliefs whilst having the courage to uphold their own.

This also means that bullying or harassment will not be tolerated.

RIGHTS    RESPONSIBILITIES
To feel safe    To respect yourself
To learn and grow    To respect others
To be respected    To use commonsense
To be valued    To support others

AT ST MARY'S ANGLICAN GIRLS' SCHOOL
EVERYONE HAS RIGHTS AND RESPONSIBILITIES

WAYS TO PREVENT BULLYING

Respect yourself and others.
Work to create a pleasant school environment for all.
Learn to tolerate and accept individual differences.
Support the school policy on the prevention of bullying.

WHAT IS BULLYING?

Bullying is any behaviour intended to hurt, threaten or frighten another person. This most often means that the person being bullied feels powerless to stop the behaviour.

For actions to be called bullying, the behaviour is usually repetitive over time and involves an imbalance of power.

Bullying may be verbal, social, physical or psychological.
Examples of bullying include:

- calling hurtful or racist names
- picking on others
- teasing
- spreading rumours
- excluding someone
- deliberately ignoring or avoiding
- constant "put downs"
- pushing, bumping, hitting
- sending hurtful notes or messages, including via technology
- taking or damaging property
- Cyber bullying

### WHAT CAN STUDENTS DO?

#### What should you do if you are being bullied?

- Tell the bully to stop. State clearly that her behaviour is not right, and that you find it offensive.
- Ask for help. Talk about it with someone you trust. There is nothing so awful that you can’t talk about it with someone.
- Report it to your Link Teacher, another teacher, the Chaplain or one of the School Counsellors. You will be listened to because the school will not tolerate bullying.
- Do not be afraid that reporting it will only make the bullying worse. It won’t get better if you don’t do something about it.
- Tell your parents. Do not wait until it is so awful that you don’t want to come to school.

#### What should you do if you know someone else is being bullied?

Care enough to do something about it, even if it does not affect you personally.

Tell the bully to stop. State clearly that her behaviour is not right, and that you find it offensive.

Tell someone – your Link Teacher, another teacher, the Dean of Students, the Chaplain or one of the school counsellors.


### HELP MAKE OUR SCHOOL A HAPPY AND SAFE PLACE