Bystander Behaviour

If you see someone being bullied you can:

- Go for help if the situation is dangerous or you are unsure or afraid.
- Get help, don’t be an audience for the bully. Be a buddy to the victim. Invite them to join you.
- Speak up…a simple “stop being a bully” might be enough to stop the incident.
- Be part of the solution not the problem.

Ways to deal with a bully

- Bullies love a reaction, don’t give them one. Stay calm.
- Stand up straight and don’t show the bully that you are afraid or that your feelings are hurt.
- Be alert. Think fast. How can you get out of the situation safely?
- Fighting back can make the situation worse, and you may get hurt.
- Get away. Find safety or call for help.
- Talk to an adult you trust for ideas and help.
- Have a plan for dealing with bullies.
- Think of things to say ahead of time.
- Get help. Report the situation to the school and your parents.

Who Can You Tell?

- The person bothering you. You may wish to ask a friend or trusted peer to support you when you do this.
- The Yard Duty teacher
- Your Home Class teacher
- Christian Pastoral Support Worker
- The Principal or one of the Senior Leaders.
- Your parents or another trusted adult

The final word . . .

DON’T TAKE IT!

- You have the right to feel safe.
- You are an OK person.

DON’T DO IT!

- People will not like you!
- You have a responsibility to help others feel safe.

Who Can You Tell?

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Wudinna Area School

‘Be Cool Not Cruel’

Help make our school a safe and caring environment
Types of bullying include:

<table>
<thead>
<tr>
<th>Types</th>
<th>Direct</th>
<th>Indirect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>• hitting, slapping, punching, kicking, pushing, strangling, spitting, biting, pinching, scratching, throwing things (eg stones)</td>
<td>• getting another person to harm someone</td>
</tr>
<tr>
<td>Non Physical</td>
<td>• mean and hurtful name calling, hurtful teasing, racist remarks, sexual comments, demanding money or possessions, forcing another to commit offences such as stealing</td>
<td>• spreading nasty rumours, trying to get another student to dislike someone</td>
</tr>
<tr>
<td>Non Verbal</td>
<td>• threatening and/or obscene gestures body language</td>
<td>• deliberate exclusion from a group or activity</td>
</tr>
<tr>
<td></td>
<td>• ignoring</td>
<td>• being ignored, left out on purpose or not being allowed to join in</td>
</tr>
<tr>
<td>Exclusion</td>
<td>• threatening and/or obscene photos and/or texts</td>
<td>• spreading nasty rumours, trying to get another student to dislike someone</td>
</tr>
<tr>
<td>Cyber Bullying</td>
<td>• threatening and/or obscene photos and/or texts</td>
<td>• spreading nasty rumours, trying to get another student to dislike someone</td>
</tr>
</tbody>
</table>

At Wudinna Area School we want all students to feel safe, therefore, we take bullying seriously.

How to keep from being bullied
- Hang out with friends and play in groups. Walk to school with a friend.
- If you know someone who doesn’t like you, stay away from them and places they like to hang out.
- Stay within sight of adults whenever possible. If they can see you, they can help you.
- Practise showing confidence. Stand tall and walk proud.
- Look confident and make eye contact.
- If someone is bothering you, tell an adult right away. The longer you wait, the harder it will be to stop it.

Bullying is the use of deliberate, hurtful gestures, words or actions which are typically repeated over time.

It can be a criminal offence if physical violence or threats are made against another. Anyone over 10 years of age may be dealt with by the police.