You control what happens by following the plan

If you are being bullied or harassed:
• Take a deep breath, look directly into the eyes of the person attempting to bully you.
• Speak in a firm, clear voice and say loudly, “Stop”.
• Go directly to a teacher for support and report what happened.
• Be honest and accurate about the bullying.

If the bullying or threats continue

Any further incidents of bullying or threatening behaviour by the same person may result in him/her:
• Loss of privileges.
• Having parents contacted.
• Following procedures outlined in the school’s pastoral care policy such as detention or suspension.
• Being referred to the school counsellor.

Always report bullying

If you witness bullying behaviour always challenge or report it.

Remember...it’s up to you!
Take control of the situation.

Our Expectations
Safe
Responsible
Proud
Learners

Kids HelpLine 1800 55 1800

Our Commitment

At Quakers Hill Public School all students have the right to feel safe and be respected equally as unique human beings.

Our school community is proactive in its approach to building a happy, safe, friendly climate where all students work towards this common goal of learning and tolerance in a safe environment. Inappropriate behaviours such as bullying will not be accepted.

Student’s Name: ________________________
Student’s class: ________________________
Student’s signature: ____________________
Witnessed by friend: ____________________
Witnessed by parent: ____________________
Date: ___/___/____

For more information contact:
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You can control what happens.

For example, bullying occurs when a person ... • is called names; • is threatened; • is put-down; • is teased in an unkind way; • is ridiculed; • has property hidden, damaged, stolen or destroyed; • is physically hurt; • has graffiti written about him or her; • is left out; • is sent hurtful notes; • is singled out for unfair treatment; • is picked on; • has rumours spread about him or her; and/or • is stalked or given dirty looks.

If someone is bullied he/she • may be confused and not know what to do about it, so always be ready to help

Feeling safe and valued

Signs and symptoms of being bullied

There is no particular pattern.
A victim may ...
• have unexplained cuts and bruises;
• have equipment or personal items hidden, damaged, stolen or destroyed;
• complain of vague headaches, stomach aches or feeling sick;
• wet the bed, bite nails, have poor sleep patterns and bad dreams;
• exhibit unusual emotional outbursts or mood swings;
• withdraw from friends or family;
• appear anxious, insecure, sad, teary, depressed, secretive;
• have low self esteem;
• display an unwillingness to go to school;
• sit alone in class or be alone in the playground;
• change friendship groups frequently;
• come home hungry (because lunch money or food has been taken);
• want extra money without reason;
• show deterioration in school work; and/or
• avoid participating.

We all have to be aware and be ready to lend a hand or listen and help

At Quakers Hill we support our students through

• an active Student Welfare Committee
• encouraging students to employ strategies taught during the STOP, THINK, DO Anti-Bullying Program
• promoting an anti-bullying ethos within the school
• creating positive classroom environments

At Quakers Hill we also

• consistently reward positive behaviour and effort
• implement classroom-based Personal Development Programs
• run Child Protection Programs
• run Drug Education Programs
• run Peer Mediation Programs

And through...

• Positive Behaviours for Learning team
• formal class meetings
• a kindergarten buddy system
• developing positive Student Leadership roles
• an active Learning Support Team
• stage awareness-raising of welfare issues
• an active P & C and its committees
• an active SRC
• a Values Education program
• relevant presentations by visiting performers
• teachers being presented with current knowledge in behaviour management

BULLYING AND HARASSMENT

Bullying is when someone intentionally and repeatedly hurts or frightens another person. It occurs when people use or abuse power to trouble, annoy or harass another person. Bullying can be verbal, physical, social or psychological.

Bullying includes cyberbullying by email, text messaging and or social networking like facebook