# ANTI-BULLYING POLICY

Bullying is: Intentional Unprovoked or in a group. Bullying can be in looks, actions or words. Bullying is not a joke. It is unacceptable. Bullying could include: Name calling - Put downs Teasing Intimidation - Intentional exclusion Swearing -Humiliating and ridiculing - Stand-over tactics - Spreading rumours - Hitting/ punching - Misuse/ vandalism of property

You are encouraging and co-operating in bullying by: Providing an audience; Not reporting; Not supporting

Remember: if you see bullying and you do not do anything about it you are guilty also.

If you are being bullied you can do something about it!

Positive strategies to help counter bullying Be assertive: let the bully know how you feel firmly and honestly Avoid situations which lead to bullying Consider your behaviour Control/overcome fear Seek help from a trusted adult: parent, teacher, school counsellor

## REMEMBER: IT ISOK TO TELL

How the College can help:

### If you are being bullied, the College:

Provides ways for you to report and talk about what is happening Provides counselling Gives advice on how to handle the situation Maintains confidentiality Listens sympathetically and carefully and takes you seriously Supports you Investigates reported incidents of bullying Brings victim and bully together to work the situation through

#### The message for bullies:

#### Consequences for bullies

Interviewed by Year Co-ordinator and/or Deputy Principal Your parents/guardians are contacted Behaviour contract Counselling

hurt Loss of privileges Detentions Suspension You might be asked to leave the school

#### If you are the bully, the College

Provides counselling Helps you change your pattern of behaviour Supports you in your efforts to stop the bullying

