

COOMERA ANGLICAN COLLEGE OPPOSES BULLYING

THE COLLEGE

- ☑ Expects a consistently high standard of behaviour
- ☑ Promotes a safe and caring environment for all
- ☑ Employs sound strategies for detecting, preventing and dealing with bullying
- ☑ Educates students about issues related to bullying behaviour
- ☑ Offers support to all students through our pastoral care programme.

WHAT WILL HAPPEN?

The College is sincere in its efforts to support all students when bullying behaviour occurs. Staff members endeavour to respond to reports in a systematic way¹. There are three levels of responses based upon the frequency and severity of the reported bullying:

LEVEL 1:

The Pikas Method of Shared Concern interview technique is used to encourage students who are bullied and students who bully to work together to decide on a mutually agreeable way to deal with the situation. Details of the bullying report and outcome/s are logged in student records by the teacher involved.

LEVEL 2:

An interview with the Head of Year Level will take place if bullying recurs. Mediation is undertaken with the students involved and appropriate intervention is arranged to facilitate the termination of the bullying. Again, details are recorded for future reference.

LEVEL 3:

In cases of persistent bullying or one-off very serious incidents, a family conference with the Head of Primary, Junior Secondary, Secondary and/or the Principal is arranged to discuss enrolment.

PARENTS CAN HELP

TAKE AN ACTIVE INTEREST

- ♦ In your child's social life
- ♦ In what is happening at the College

ENCOURAGE YOUR CHILD

- ♦ To bring friends home
- ♦ To accept and tolerate differences in others

BUILD THEIR SELF-CONFIDENCE

- ♦ By recognising and affirming their positive qualities
- ♦ By valuing them for who they are

DISCUSS WITH YOUR CHILD

- ♦ The College's expectations about behaviour
- ♦ Ways to respond if their rights are infringed

ENCOURAGE CONSTRUCTIVE RESPONSES

- ♦ Physical bullying or persistent teasing needs to be reported, asking for help is not 'dobbing'
- ♦ Hitting back or retaliating with name calling won't solve the problem

SET AN EXAMPLE

- ♦ Be firm, but not aggressive in setting behavioural limits
- ♦ Be positive in the things you say and do

BE ALERT FOR SIGNS OF DISTRESS

- ♦ Unwillingness to attend the College
- ♦ Dropping off in academic performance
- ♦ Damaged clothing and frequent loss of personal property
- ♦ Loss of confidence and uncharacteristic mood changes
- ♦ Withdrawal from social activities

ACT

- ♦ If your child is being bullied at the College, report it to a teacher, pastoral care teacher or Head of Year. Your report will be followed up.



COOMERA
ANGLICAN
COLLEGE

OUR POLICY ON BULLYING AND AGGRESSION

We seek a community in which everybody feels valued and safe, and where individual differences are appreciated, understood and accepted. Every child has a right to enjoy their time at the College.

WE DO NOT TOLERATE BULLYING.

AT COOMERA ANGLICAN COLLEGE
WE PRACTISE

iLR
imagine listen respect
the language of our Values Culture

iLR calls us to:

IMAGINE Imagining what it feels like to be bullied or put down

LISTEN Being aware and empathic when others are feeling hurt

RESPECT Acting in a positive and friendly way towards everyone

¹ Procedures informed by Griffith University research conducted at CAC and the Friendly Schools & Families Project, Edith Cowan University.

**AT COOMERA ANGLICAN COLLEGE
EVERYONE HAS RIGHTS AND
RESPONSIBILITIES**

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

Bullying, or harassment is a serious *offence* and Coomera Anglican College is committed to maintaining a safe and just environment for all its members.

Respect for the rights of others is the core of this policy, and everyone has the responsibility to actively protect the rights of individuals in our community.

It is your right and responsibility to report bullying, whether it happens to you or to someone else.

WHAT IS BULLYING?

Bullying is repeated, unjustifiable behaviour that is intended to cause fear, distress or harm to another. It is different from other forms of aggression in three ways.

- ♦ A power imbalance is present. Children who bully use their power negatively for a variety of reasons (e.g., to be popular and admired, to get what they want, out of a fear of being left out, jealousy).
- ♦ The aggressive act is unprovoked by the victim or perceived as unjustified by others.
- ♦ The act is repeated between the same individuals.

**DO YOU BULLY?
HAVE YOU BEEN BULLIED?**

Researchers acknowledge and define specific types of bullying/aggression:

Physical Bullying

- ♦ Direct physical attacks such as punching, tripping, kicking, bumping, pushing, shoving, hitting
- ♦ Invasion of personal space
- ♦ Taking or damaging property

Verbal Bullying

Attempted humiliation through both overt and covert verbal abuse including:

- ♦ Name-calling or racist names
- ♦ Sighing, rolling eyes and sneering
- ♦ Mocking or teasing
- ♦ Repeatedly “putting down” someone
- ♦ Offensive language and/or gestures
- ♦ Slander
- ♦ Threats to “get people”

Cyber Bullying

Harassment that takes place using an electronic medium such as e-mails, instant messaging, chat rooms on the internet, text messages and websites.

Relational Aggression

Behaviour that aims to manipulate relationships in order to hurt a particular individual such as:

- ♦ Spreading rumours, gossip, lies
- ♦ Telling secrets
- ♦ Excluding or deliberately ignoring
- ♦ Giving someone ‘the silent treatment’
- ♦ Using stand over tactics
- ♦ Ganging up on someone

Sexual Harassment

- ♦ Commenting on the size or shape of one’s body
- ♦ Comments regarding one’s morals
- ♦ Asking personal or private questions

**WHAT TO DO
IF YOU ARE BULLIED**

1. Be assertive and stand up for yourself in a positive way by using an ‘I’ statement. Clearly state what behaviour is unwelcome and why you find it hurtful or offensive and tell the person to stop.
2. Seek help. Talk about it to someone you trust.
3. Report it to a member of staff or a student leader.

The College does not tolerate bullying. Feel confident that any incident can be resolved satisfactorily. If the bullying continues, report it again so that the next level of our bullying policy can be enacted.

**WHAT TO DO IF YOU KNOW SOMEONE
IS BEING BULLIED**

1. Refuse to be a supporter, spectator or passive witness to bullying.
2. Follow the CAC Bystander’s Code and get involved when you can see someone needs help.
3. Report it to a member of staff.
4. Report it using Safe Schools Drop Box.

TO PREVENT BULLYING

1. Respect yourself and others.
2. Help create a caring College environment for all.
3. Be tolerant and accept individual differences.
4. Support the College policy on bullying.

**THERE IS NOTHING SO AWFUL THAT WE
CAN’T TALK ABOUT IT WITH SOMEONE**

Make an appointment to see the College Counsellor,
Dr Lee-Ann Prideaux
Phone 5585 9987 or E-mail lprideaux@cac.qld.edu.au

¹ Procedures informed by Griffith University research conducted at CAC and the Friendly Schools & Families Project, Edith Cowan University.