

## **BULLYING AND HARASSMENT SHOULDN'T HAPPEN**

Your time at school should be safe and fun. You should be able to learn and play without being bullied or harassed.

**Remember-**You have the responsibility to be kind and thoughtful to others by:

- ☺ greeting people with a smile
- ☺ saying kind things to people
- ☺ always trying to see the good things in other people
- ☺ helping others when help is needed
- ☺ being friendly to others
- ☺ getting to know new people and making them feel welcome in our community
- ☺ including people in games and activities

## **FRIENDS ARE IMPORTANT**

**All people need to feel good about themselves and be able to learn and be happy**



**All of us have the right to learn, give, stand and fly. All of us have the responsibility to allow others to learn, stand, give and fly.**

## **URAILDA PRIMARY SCHOOL**

### **BULLYING AND HARASSMENT**

**Your Rights and Responsibilities**



***BULLYING. NO WAY!***

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)



**Government of South Australia**  
Department for Education

## WHAT IS BULLYING?

Bullying is when someone (or a group of people) deliberately hurts another person through physical violence, verbal abuse, offensive gesturing and/or deliberate exclusion through the unjust use of power.

### Some kinds of bullying and harassment are

- teasing, calling or making rude signs
- hitting , punching, pushing, pinching or touching in an unwanted way
- threatening violence
- hiding or destroying someone's property
- writing rude comments or drawing rude pictures
- making suggestive comments or spreading rumours
- putting someone down because of their gender, ethnicity or religion
- commenting on someone's appearance in an unwanted way
- deliberately excluding someone from group activities

### If you are being bullied or harassed and this makes you feel

- embarrassed
- uncomfortable, stressed or put down
- frightened, sad or upset
- ashamed or angry



**Then you should tell someone about it!**

## If you are being bullied or harassed at school or going to and from school you may:

- not want to come to school
- not want to play outside in some areas at recess and lunch
- not want to walk or ride your bike the same way to or from school
- not feel good about yourself
- not be able to work the way you want to
- cry or get upset over little things



**This does not have to happen**

Something can be done to help you. You must tell someone so they can help you.

## WHAT CAN YOU DO IF YOU ARE BEING BULLIED OR HARASSED?

- If you feel safe you can tell them to stop and then get an adult to help you if you need to
- Talk it over with a friend you can trust
- Talk it over with Mum or Dad or an adult who looks after you
- Talk it over with someone on your "Network Hand"
- Tell a teacher who you trust
- Talk it over with Di or Sara
- Talk the Pastoral Care Worker about it
- Go and see Margie and tell her

**Keep on telling people until the bullying or harassment**

**STOPS**

