Blackwater State High School
Bullying Prevention Strategy for students.

Rationale

State schools in Queensland are committed to providing quality learning opportunities that enable all students to achieve within safe, supportive and disciplined learning environments.

School community beliefs about bullying

Bullying is the repeated oppression, psychological or physical, of a less powerful person by a more powerful person or groups of persons.

Examples of bullying behaviours:

Bullying behaviours can take various forms. Some examples of bullying behaviours include:

- Direct physical threats or assault, such as hitting, kicking, punching or other unwelcome touches
- Name calling and teasing
- Verbal insults and rumour spreading
- Intentional exclusion of someone by others
- Non verbal signals and gestures
- Intimidating messages using technology including SMS, email and the internet

Indications of bullying:

Bully:

- Deterioration of school behaviour and a likelihood of lower academic achievement
- Generally lacks remorse and empathy for others
- Resists following instructions from teachers and/or parents
- Aims to dominate and control others
- Has a high regard of self
- Part of a group which displays aggressive/ bullying behaviours

Victim:

- Lowered mental health
  - decreased self esteem
  - anxiety
  - depression
  - suicidal thoughts
  - generally unhappy
- Physical illness
  - upset stomach
  - headaches
  - mouth ulcers
- Social maladjustment
  - difficulty making friends
  - fear of other children
  - often alone, lonely
  - absenteeism

The Code of
School Behaviour

Better Behaviour
Better Learning

Queensland Government
Education Queensland

- Negative emotions
  - fear
  - anger
  - despair
  - loneliness
  - hopelessness
- Lowered ability to achieve socially and academically

Statement of school intent for dealing with bullying behaviours

At Blackwater State High School, bullying in all its forms is not accepted and all members of Blackwater State High School accept their responsibility to promote positive relationships and to prevent bullying.

Educational Programs

It is important that students, staff and parents understand what bullying is, how it impacts on people and how bullying is responded to at Blackwater State High School. At Blackwater State High School we use the following educational strategies.

- **Educating teachers and other staff**
  - Provide professional development opportunities for staff to learn about effective positive behaviour management techniques
  - Provide professional development opportunities for staff to learn about bullying and its effects on students and the wider community
  - Discuss as a whole staff, the effects of bullying in our school and meet a consensus on which behaviours constitute bullying.

- **Educating parents and families**
  - Schedule and conduct information sessions about bullying which will be run by the behaviour management team
  - Produce and distribute a generic brochure informing families about: types of bullying behaviours; symptoms of bullying; examples of strategies to try at home for students exhibiting bullying behaviours and also those students who are the victims of bullying; website and resource details; and contact information should families request additional support or wish to discuss bullying incidences.

- **Educating students**

  - Explicitly teach what constitutes bullying behaviours and their consequences within the school
  - Encourage open communications in the classroom by involving all class members in discussions about bullying.
  - Integrate the use of literature and other resources to teach students about recognising and coping with different feelings, emotions, social values and situations that may involve bullying behaviours.
  - Provide opportunities for students to review, discuss, dramatise and interpret via literacy activities and other media that focuses on social skill development and promotes positive values.
  - Incorporate role-play situations highlighting the choices of a bully, victim and a bystander.
  - Identify and promote positive behaviours within the school.
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Prevention Programs

Effective social skill and positive relationships act to prevent bullying. At Blackwater State High School we promote effective social skills and positive relationships. We utilise the proactive programs to assist us in this goal.

- Life Skills Programs
- Chaplaincy
- Motivational Media presentations
- Arts Council presentations
- Social skilling programs

Responses to bullying

Reports of bullying will be investigated and acted upon. Responses to bullying might include targeted support for victims and perpetrators and/or sanctions or consequences consistent with the Responsible Behaviour Plan for Students.

At Blackwater State High School we support victims and perpetrators by:

- Social skills programs for students at risk of being involved in bullying incidents
- Increased supervision of risk areas
- Providing counselling support
- Providing access to staff including principal, teachers, teacher aides, guidance officer, chaplain, specialist support staff
- Development of Individual Behaviour Plans

At Blackwater State High School the consequences for bullying might include the following:

- Warnings
- Buddied from class
- Time out at lunch times
- Detention
- Meetings with parents
- In school suspension
- Out of school suspension
- Exclusion

Reporting and monitoring bullying

At Blackwater State High School reports of bullying are taken seriously. Students and parents may report bullying in the following ways.

- Directly to a staff member
- Directly through the Office

Reports of bullying will be collated and monitored to inform the school community about the extent of bullying and to identify particular areas of concern for future action.

Related legislation

- E*ducation (General Provisions) Act 2006*
- Education (General Provisions) Regulation 2006
- *Anti-Discrimination Act 1991*
- *Commission for Children and Young People and Child Guardian Act 2000*
- *Workplace Health and Safety Act 1995*
- Workplace Health and Safety Regulation 1997

Related policies

- [SMS-PR-012: Student Protection](#)
- [SMS-PR-021: Safe, Supportive and Disciplined School Environment](#)
- [CRP-PR-009: Inclusive Education](#)
- [SMS-PR-018: Information Sharing under Child Protection Act 1999](#)
- [SMS-PR-008: Family Law Matters Affecting State Educational Institutions](#)
- [CMR-PR-001: Complaints Management](#)
- [SCM-PR-003: Appropriate Use of Mobile Telephones and other Electronic Equipment by Students](#)
- [SMS-PR-024: Internet - Student Usage](#)
- [SDV-PR-001: Employee Professional Development](#)
- [The Code of Conduct](#)

Some related resources

- National Safe Schools Framework (**ncab.nssfbestpractice.org.au/resources/resources.shtml**)
- National Framework for Values Education in Australian Schools (**www.valueseducation.edu.au**)
- Bullying. No Way! (**www.bullyingnoway.com.au**)
- MindMatters (**www.curriculum.edu.au/mindmatters**)
- School Wide Positive Behaviour Support (**www.learningplace.com.au/deliver/content.asp?pid=24668**)
- Code of Conduct for School Students Travelling on Buses **http://www.transport.qld.gov.au/buscode**
- Rock and Water **http://rockandwaterprogram.com/site/www/**
- You Can Do It! **http://www.youcandoit.com.au/**
- ListenUP **http://listenupschools.com/program.htm**
- Blood, P. (2007). *Circlespeak: Restorative practices: Working relationally in the classroom.* Brookvale, New South Wales: Circle Speak.
- Field, E. M. (2007). *Bully blocking.* Sydney: Finch Publishing.
- House of Representatives Standing Committee on Employment, Education, and Training. (1994, March). *Sticks and stones: Report on violence in Australian schools (p11-20).* Canberra: Government Publishing Services.
- Miles, P. (2003). *Don't Just Stand There, Yell Something!: Behaviour management techniques for classroom teachers.* North Ryde: McGraw-Hill Australia.
- Rigby, K. (2003). *Stop the bullying: a handbook for schools.* Melbourne: Australian Council For Educational Research.