

## Use P.O.O.C.H to solve problems

### PROBLEM

- Someone is teasing me
- Someone is excluding me

### OPTIONS

What can I do?

- Talk to a trusted friend or my parent/caregiver about my feelings and thoughts
- Ignore it and bounce back
- Tell the person to stop it
- Tell a teacher or School Leader

### OUTCOMES

What could happen if I do this?

- It could stop
- They could keep doing it
- The adult could help

### CHOOSE

Which option is best?

### HOW DID IT TURN OUT?

Do I need to try again? or  
Try a different option?

## What does the school do about bullying?

- We listen to and support the person who has been bullied, informing parents/carers at the earliest opportunity
- We help the person who has been bullied work through their options, helping them be safe and identify who their support people are
- We get the bullying students to think how to make things right. This may involve an apology and commitment to care for the bullied student
- We give consequences such as safe play options, Reflection room, Take Home and Suspension depending upon the severity of the incident
- We talk to and get the support of the parents/carers of students who bully
- We organise play activities/clubs
- We teach our students about respectful relationships and proactive problem solving using the YCDI! Program, Bullying No Way and the Keeping Safe Child Protection Curriculum
- We have Buddy class lessons to encourage students to build healthy relationships across year levels
- Student voice is an important part of our school, evident in our class agreements



South Port  
Primary School

Phone 8386 1197

[dl.1207.info@schools.sa.edu.au](mailto:dl.1207.info@schools.sa.edu.au)

Anti-Bullying Policy

Student Information



At this school we will provide a safe, inclusive, supportive and ordered learning environment free from bullying, harassment and violence. Bullying including cyber bullying, harassment and violence, is not acceptable in this school and will be dealt with expediently. The school will work with the school community and other services to support our students in being responsible and productive members of this community.

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## What is bullying?

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm.

National Definition taken from the Bullying No Way website

### These are examples of bullying

One person or a group picking on you by:

- physically hurting or touching
- teasing or using insulting names
- repeatedly giving mean looks
- following you around
- continual invasion of personal space
- threatening or scaring you to do something you don't want to do
- deliberately leaving you or your group, out of games and conversations
- targeting you online or via text messages, sending rude/inappropriate things to you
- spreading embarrassing secrets or rumours, or telling lies about you
- hiding or damaging your property
- discriminating against you due to your physical appearance, gender or choices

## What to do if you are bullied

- be brave
- remember "I am important"
- talk to a friend about how you feel
- use assertive body language
- say, "Stop. I don't like it"
- stay calm and walk away
- tell a trusted adult like your teacher, the Student Wellbeing Leader, Deputy, Principal or your parents/carers, as soon as possible



You need to report bullying to stop it getting worse

### Bullying can be stopped

#### Don't be a Bystander



If you watch silently or laugh,  
you are helping the bullying



Take away the audience by walking away



Use assertive body language and say,  
"Stop it. Leave them alone"



If you know someone is being bullied,  
tell a teacher or a parent/carer

## How do students report bullying

- tell a teacher or Leadership in private
- tell your parent or caregiver, and get them to contact the school
- you can ask a friend to come and support you when you tell
- tell the teacher if you are scared of revenge for telling
- write a note including the details of what has occurred and when and give this to the school
- use a hassle log to report it to an adult in the school

Teachers can keep you safe by keeping your telling private and confidential from the bullying students



We use everyday courage to tell the truth and own up to our part.

### Kids Help Line

## 1800 55 1800

24 hour telephone or online counselling  
for children and young people.  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

For further support and information please visit the Bullying No Way website:

<http://www.bullyingnoway.gov.au/>