**Anti-Bullying Policy**

**Overview**

Munno Para Primary School believe all children have the right to feel safe all the time. This happens in a safe, secure and well planned environment. MPPS promotes a positive learning environment that

promotes optimum learning, trust and respect and includes developmentally appropriate behavioural expectations. Children’s physical, social, emotional, cognitive and spiritual wellbeing are paramount to their successful development.

MPPS does not tolerate bullying and expects all members of the school community to treat each other with respect, which is an integral part of our school values.

**What is Bullying?**

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious or hidden.

Some conflicts between children are a normal part of growing up and are to be expected. **Single incidents** such as teasing, conflicts or fights between children, whether in person or online, are not considered bullying, even though they may be upsetting and need to be resolved.

Bullying may involve:

* Verbal bullying: repeated use of words to hurt or humiliate another individual or group. This includes using putdowns, insulting language, name calling, swearing, nasty notes, verbal harassment and homophobic, transphobic, racist or sexist comments.
* Emotional/psychological bullying: includes repeated threats or implied threats, unwanted texting or emailing, abusive websites, threatening gestures, manipulation, emotional blackmail and threats to an individual’s reputation and sense of safety.
* Physical bullying: includes repetitive low level hitting, kicking, pinching, punching, tripping, ‘ganging up’, and unwanted physical or sexual touching and damage to personal property.
* Relational bullying: Usually involves repeatedly excluding others by leaving them out or convincing others to exclude or reject another individual or group, making up or
* spreading rumours, and sharing or threatening to share another’s personal information. This also includes discriminating against a person’s disability, religion or gender differences.
* Cyber bullying: Involves the use of information and communication technologies such as sending threatening or insulting emails and text messages to individuals or groups, repeated hung up calls, publishing someone’s personal or embarrassing information online, creating hate sites or starting exclusion campaigns on social networking sites.

Online bullying is one potential cyber safety issue for children when they use computers and mobile phones. Learn more about cyber safety at eSafety Commissioner or the Bullying No Way websites.

Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers and children may be reluctant to report bullying. You can support your child by listening to them, encouraging them to “Find Help” and talking with family, friends and educators.

**What is not Bullying?**

* Teasing which is done in mutual fun and jest, where all individuals are involved and feel capable of responding.
* Fighting between two students is a serious concern involving violence, it is not
* bullying unless it is recurring and deliberate abuse of power over a period of time.
* Single incidents or a ‘once off’ conflict although upsetting is not bullying.

**Tips to help your child if they are being bullied or harassed**

* Sometimes children do not want their parents to become involved and are afraid of the consequences if they tell you and the person doing the bullying finds out.
* Let your child know that telling you or ‘Finding Help’ about the bullying or harassment was the right thing to do, that you will take the bullying seriously and that you can help.

**Staying Calm and Positive**

It can be upsetting when your child is being bullied. You might need to draw on your own networks to get support for yourself while you are helping your child. Focus on identifying a solution with your child.

You will need to consider what you know about your child and the details of the situation to make the best decision for your child.

* to walk away, by ignoring bullies takes their power away
* try to act unimpressed or unaffected
* find help
* to explain to you who is on their network and who they can go to for help
* to say ‘No!’ firmly OR “We speak kindly at Munno Para Primary School”
* to talk to the teacher or other staff, e.g. SSOs, Leaders or Pastoral Care Worker about the bullying

**MPPS Education and Interventions about Bullying**

* Mandated Teaching of the Child Protection Curriculum (CPC) to support
* understanding their rights and responsibilities. The CPC curriculum also helps students understand the effect of bullying and the connection to power in
* relationships
* Using the curriculum to teach students about respect and peaceful relationships
* Using the Neuroscience knowledge to develop self-regulation strategies
* ‘What’s the Buzz’ interventions for younger students with social or emotional gaps in play
* Police presentations in regards to bullying and the law
* Constant connection in the curriculum, modelling and problem solving

**Targeted intervention strategies include:**

* Counselling students who have been bullied
* Engaging in restorative practice
* Providing a range of support strategies for students—supported in the yard, direct supervision, check ins, cool off cards
* Counseling students with bullying behaviours
* Conference with students involved to make agreements, set boundaries and repair relationships
* Restricting play and activities
* Following the Department of Education Behaviour Policy <https://www.education.sa.gov.au/doc/behaviour-support-policy>

**More information for families can found at the following websites:**

* <https://bullyingnoway.gov.au/>
* <https://www.esafety.gov.au/>
* <https://www.youthbeyondblue.com/>
* <https://www.education.sa.gov.au/parenting-and-child-care/parenting/parenting-sa>
* <https://www.esafety.gov.au/>
* <https://bullyingnoway.gov.au/>
* Kids Help Line 1800 55 1800

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