

## What can you do if you are being bullied?

- Ignore it and walk away confidently and calmly.
- If this doesn't work, ask the person or group to stop. Be assertive but not aggressive.
- If it continues, REPORT IT. You can report it to:
  - parents
  - friends
  - class teacher
  - a teacher you are comfortable with
  - an older student
  - Principal
  - APA
  - APRE
  - Guidance Counsellor

**Remember:**  
Keeping it to yourself only makes it worse.  
You must tell someone if you want it to stop.

## How will the school respond to bullying?

Firstly, an anti-bullying teaching program is being developed and will be taught in all classes in the school.

All reports of bullying will be dealt with and recorded using a standard form. These forms will be kept on file.

When a report occurs, the following procedure will be followed.

1. St Patrick's will use a "no blame" approach and process in the first instance. Those involved will be interviewed and made aware of the bullying and the school's policy on bullying. At this stage, there may not be any punishment and parents may not be notified.
2. Continued bullying would result in the student or students being sent to the RT room. Parents would be notified and the Guidance Counsellor would also be involved.
3. A further incident would result in the student or students moving to step 5 of our Behaviour Management Process. This would result in a period of suspension and the establishment of a behaviour contract with the student or students on their return.
4. Further instances may result in exclusion from the school.



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## St Patrick's School Gympie

*Let Your Light Shine*

# BULLYING STATEMENT



*St Patrick's Primary School  
partners with parents and the  
community to develop Christian  
character and individual  
excellence.*

## Rationale:

As students in a Catholic School, we are called to live by the values of the Gospels and with Jesus as our model. Jesus calls us to “Love one another as I have loved you” and to “Love your neighbour as yourself”.

Our School Vision Statement proclaims that our school works in partnership with parents and the community to develop Christian character and individual excellence.

Therefore, at St Patrick’s School, we believe that all members of our school community should develop a high standard of courtesy and care for each other. Each member of our school community should be:

- treated with dignity and respect
- able to feel safe
- able to learn free from anxiety and fear.

**Bullying is wrong and will not be allowed to continue.**

### What is Bullying?

“Bullying is a student or group of students using physical, verbal or non-verbal hostility towards another student or other students repeatedly or on several occasions”.  
*(Griffith, 1995).*

Bullying behaviours are about an imbalance of power where there is a deliberate intent to cause harm or distress by more powerful individuals or groups of students against those who are seen as less powerful.

### What do bullies do?

Bullying can take many forms. It can be:

**Verbal** - put downs, name-calling, threatening others, teasing, gossiping, racist remarks, hurtful or ongoing phone calls.

**Physical** - hitting, kicking, pushing, holding, tripping

**Non-verbal** - taking or damaging belongings, extortion, spreading nasty rumours, excluding others from group.



### Some other facts about bullying:

Bullying can be very subtle. Once a student or group of students have established a bullying relationship over someone else, they may only have to look threateningly or make some signal or gesture to cause fear in them.

*(Sharp & Smith, 1995)*

It is not bullying when two people of about the same strength have the odd quarrel, fight or disagreement.

Bullying is repetitive. A one-off incident may not mean bullying is occurring.

### Possible Indicators of Bullying. Signs to look for.

- Changes in personality
- Unwillingness to attend school
- Deterioration in school work
- Disturbed sleep patterns and bed-wetting
- Signs of bruising, cuts, scratches, torn clothes
- Refusal to work or play with some class members
- Withdrawal or reluctance to engage in social activities with peers.
- Lowered self-esteem
- Unusual change in eating habits
- Crying themselves to sleep
- Nightmares
- Mood swings and sudden bursts of temper
- Bullying or increased aggression towards own brothers or sisters.

It is important to remember that this is a guide only. These signs do not necessarily mean a student is the victim of bullying.