

School's Commitment

At Modbury West School our staff take harassment and bullying seriously, and we endeavour to do all we can to support the victim and perpetrator.

We will implement a restorative justice approach to ensure that everyone involved in the bullying incident feels heard and supported. All participants will have the opportunity to share their experiences and concerns, with a focus on understanding, accountability, and positive resolution.

When bullying occurs, we will put in place negotiated consequences to ensure all students feel safe in the classroom and the yard. The consequences are in line with the DfE behaviour policy and aligning documents. We will ensure that our practices and responses to bullying behaviour take into account the age, ability, social and emotional development and experiences of students.

Consequences may include separate play zones, office time out, community service, parent meetings, suspension or exclusion.

Support and Resources

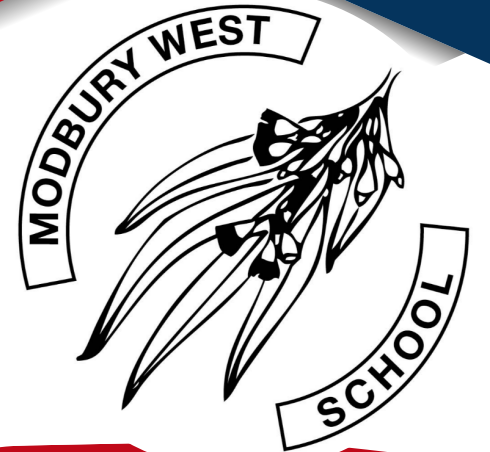
Kids Helpline- <http://kidshelpline.com.au/>
1800 55 1800

Bullying No Way- <https://bullyingnoway.gov.au/>
eSafety Commissioner-
<https://www.esafety.gov.au/>

Parentline- <https://parentline.com.au/>

 <https://modwest.sa.edu.au/>
 dl.1210_info@schools.sa.edu.au
 [82650900](tel:82650900)

Modbury West School



Modbury West School Understanding and Preventing Bullying

At Modbury West School bullying and harassment are not tolerated. Our school prides itself on creating an environment where all members of our school community feel safe.



What is Bullying?

Bullying is repeated, intentional behaviour aimed at causing physical, emotional, or psychological harm to another person. It often involves a power imbalance between the perpetrator and the victim. Harassment is unwanted behaviour that offends, humiliates, or intimidates someone. It can be a single incident or a series of incidents and is often related to personal characteristics such as race, gender, or religion.

Types of Bullying

Physical Bullying – Hitting, pushing, kicking, tripping, or damaging someone's belongings.

Verbal Bullying – Name-calling, teasing, insults, or threats.

Social Bullying – Excluding someone, spreading rumors, or embarrassing them in front of others.

Cyberbullying – Using technology (social media, texts, emails) to harm, embarrass, or threaten someone.

Emotional bullying- Intentionally hurting another person's feelings, like excluding them, insulting them, or embarrassing them to lower their self-esteem.

Psychological bullying- Using manipulation and mind games to control someone. This can include gaslighting (making someone question their reality), spreading false rumours, or using fear to intimidate them.

"Bullying is being mean to someone over and over again for a long period of time"
Year 3

Why it matters?

Encouraging students to speak up and report bullying is important for their own wellbeing. Bullying can have short term effects and long term effects.

Short term effects can include:

- Emotional distress: Anxiety, sadness, anger, and fear of going to school.
- Physical symptoms: Headaches, stomachaches, trouble sleeping.
- Lower self-esteem: Feeling worthless, blaming themselves.
- Academic struggles: Lack of focus, falling behind in schoolwork.

"Tell them to stop and get help from a responsible adult. Don't keep it a secret"
Year 4



What Can you Do?

- Families play a vital role in supporting their child/ren when bullying arises. Encourage your child to talk with you about what is happening. It is important you remain calm, validate their feelings and listen without disrupting them.
- Gather information by asking questions such as What happened? Who was involved? Where did it happen? When did it happen? Who else was there?
- Avoid telling them to ignore it as this may result in them feeling unheard, and unsupported. Instead, provide them with strategies to respond confidently.
 - Encourage them to walk away and seek help when needed.
 - Help them practice assertive responses (e.g., "Stop. I don't like that." "When you say... I feel.... Please stop.).
- Speak with the class teacher if you notice your child's behaviour change.
- Report incidences of teasing, harassment and bullying to the class teacher as a first step. Then reach out to the Student Wellbeing Leader for further support if necessary.

"Bullying is someone keeps doing things like pushing, hitting and kicking. You should walk away, tell a friend or a teacher"
Year 1