

Use POOCH to solve problems

PROBLEM

- Someone is teasing me
- Someone is excluding me

OPTIONS

What can I do?

- Talk to a friend or my parent/caregiver about my feelings and ideas
- Ignore it and bounce back
- Tell the person to stop it
- Tell a teacher or school counsellor

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 DOES IT TURN OUT?

Do I need to try again?

(POOCH model, Protective Strategies: K.S. Child Protection Curriculum)

What does the school do about bullying?

- We listen to and support the person who has been bullied
- We help the person who has been bullied work out how to be safe and 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
- We talk to and get the support of the parents/carers of students who bully
- We organise safe play areas

Kids Help

1800 55 1800

24 hour telephone or online counselling for children and young people.



Seaford Primary School

Phone 8386 1197

dl.1207.info@schools.sa.edu.au

Anti-Bullying Policy

Student's Information



At this school we:

- Care for and respect each other
- Make safe, sensible choices and care for the school environment
- Have a go at all learning, accepting that mistakes are ok and are part of our learning

What is bullying?

Bullying is deliberate and repeated hurtful behaviour which seeks unfair power over others.

It is the opposite of friendly and caring behaviour

It makes people feel unsafe, worthless and alone

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
- telling others to exclude you
- spreading embarrassing secrets or rumours, or telling lies about you
- hiding or damaging your property

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 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

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



For further support and information please visit the Bullying No Way website:
<http://www.bullyingnoway.gov.au/>