



# KENT STREET

## SENIOR HIGH SCHOOL

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### Countering Bullying Policy

Kent Street Senior High School does not tolerate bullying in any form.

Bullying is behaviour by one or more students towards others that is intended to insult, injure, embarrass, distress or humiliate that person. It occurs when there is an imbalance of physical, verbal, social or psychological power in favour of the bully.

It is everyone's right and responsibility to report bullying whether it happens to you or someone else.

Bullying can include, but is not limited to:

- Name calling
- Threats
- Physical aggression
- Damage to personal property
- Exclusion from a group
- Cyber bullying
- Inappropriate humour
- Inappropriate gestures, body language & facial expressions

We at Kent Street Senior High School believe bullying is potentially destructive as it can have long lasting negative effects on people's happiness, school work and life in general.

If you are being bullied, here are some things you can try:

1. Stay calm - not reacting will discourage the bully
2. Tell the bully to stop annoying you in an assertive, not aggressive, manner
3. Ignore them or walk away to safety
4. Collect and keep evidence of bullying -cyber bullying (messages, texts, emails), names of witnesses.
5. Report the incident to a staff member

If someone else is being bullied you may be able to help them. Standing by and letting someone else be bullied is just as bad as bullying someone yourself. If you feel you can't sort it out yourself, talk it through with an adult.

If you are being bullied, or someone else is being bullied, these adults at Kent Street Senior High School will be able to help you deal with and address the bullying:

- Classroom teachers
- Home room teachers
- School Chaplain
- Year Coordinators
- Deputy Principals

A restorative approach will be taken to ensure that the bullying is addressed.