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?

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**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
- 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 restricted play, time out, after school detention and suspension
- We talk to and get the support of the parents of students who bully
- We organise safe play areas

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**Anti-Bullying Policy**

**Student’s Information**

At this school we respect people and property

Teachers have the right to teach

Students have the right to learn and the responsibility to let others learn

Students and staff have the right to feel safe all the time

**Kids Help**

**1800 55 1800**

24 hour telephone and online counselling for children and young people.
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:
- 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”
- use wheel of choice
- use assertive body language
- say, “Stop. I don’t like it”
- stay calm and walk away
- tell a trusted adult like your teacher, the school counsellor or your parents, as soon as possible

You need to report bullying to stop it getting worse.

Bullying can be stopped

Don’t watch bullying

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 the school counsellor

How do students report Bullying?

- tell a teacher or the school counsellor in private
- tell your parent or caregiver, and get them to contact the school counsellor
- you can ask a friend to come and support you when you tell
- older students can fill out a confidential incident report
- tell the teacher if you are scared of revenge for telling

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.

We are a telling school