

Students can control what happens by following the Bounce Back Steps



- take a deep breath,
- look directly into the eyes of the person attempting to bully you,



STEP 1:

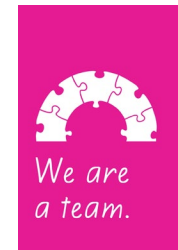
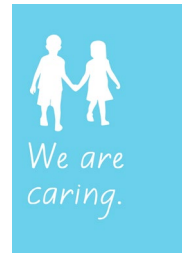
- ✓ You Say— “Please stop doing that! I don’t like what you are doing!”

STEP 2:

- ✓ Say, “If you don’t leave me alone, I will tell a teacher”

STEP 3:

- ✓ Go directly to a teacher and say, “I have used the bounce back steps and I would like you to help me please.”



Feeling Safe and Valued at Berry Public School

Students – You can control what happens by....

- ✓ Following the steps
- ✓ Not retaliating
- ✓ Follow the school rules and respect the core values

Parents – You can control what happens by

- ✓ Listening to your child
- ✓ Recommending your child follows the steps
- ✓ Be aware of and monitor your child’s use of information and communication technologies
- ✓ Contact the classroom teacher if needed

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Our school community is committed to providing a safe and secure environment.

Types of bullying >>>

There are many different types of bullying

Verbal

- Name calling
- Teased in an unkind way;
- Putting someone down
- Threatening to cause someone harm
- Having rumours spread about him or her



Physical

- Poking, hitting, punching
- kicking, spitting, tripping or pushing.
- having property hidden, damaged, stolen or destroyed



Social

- Lying
- having graffiti written about them
- left out;
- sent hurtful notes;
- singled out for unfair treatment;



Cyberbullying

- Using technology to hurt someone
- Sending hurtful messages
- Hurtful pictures or comments



Berry Public School's commitment

Our school rejects all forms of bullying behaviours, including online (or cyber) bullying by maintaining a commitment to providing a safe, inclusive and respectful learning community that promotes student wellbeing. All staff are committed to establishing evidence-based approaches and strategies that promote a positive climate where bullying is less likely to occur.

At Berry Public School we support students through >>>

- encouraging students to employ strategies taught at school eg: Bounce Back steps
- creating positive classroom environments
- consistently rewarding positive behaviour and effort
- classroom-based Personal Development Programs – Be You
- the Child Protection Program
- the Life Education Program
- having Buddy Classes
- an active SRC
- regular class meetings
- developing positive Student Leadership roles
- an active Learning Support Team
- an active P & C
- encouraging parent participation and communication
- access to school counselor

If someone is bullied he/she >>>

- may be confused and not know what to do about it;
- may feel sad, frightened, unsafe, sick, embarrassed, angry, unfairly treated;
- can have school work affected; and
- it can affect family and friends.

Our school core values >>>

Our school engages in a range of evidence-based strategies and practices to promote a positive school culture.

These include instruction in:

- ✓ *'The Berry Way' values and behaviours*
- ✓ *Protective strategies including Bounce Back steps and the use of the Buddy Seats*
- ✓ *Be You units (AntiBullying, Resilience, Relationships and Growth Mindset)*

Additionally students have the opportunity to become a **Student Representative Councillor** or **Be You Peer Leader**.

Students also participate in a whole school **Celebration Days** that focus on our **Core Values**

When students, parents and staff work together we create a safe and caring environment.

BULLYING

Bullying behavior has three key features. It involves the intentional misuse of power in a relationship. It is ongoing and repeated, and it involves behaviours that can cause harm.