

Providing a safe, respectful and caring environment is a key focus here at Berry Public School. We recognise that bullying is a mental health concern that causes distress and can lead to loneliness, anxiety and depression.

As part of our Bounce Back program, our School Culture team wrote an anti-bullying program which is being implemented across Kindergarten to Year 6 this term. The program aims to teach students: how to recognise bullying, the effects of bullying, why people bully others, how to become more assertive and how bystanders behaviour can attribute to bullying.

This program has had a positive impact at Berry Public School. Data from our annual KidsMatter and Tell Them From Me (TTFM) surveys highlighted that Berry is well below state average in bullying incidences. We attribute this to students having a greater awareness of the term bullying, the rebranding of the 'Bullying Steps' (*victimising*) to the 'Bounce Back' Steps' (*empowering*) and having a consistent focus on *The Berry Way* core values.

Tell Them From Me

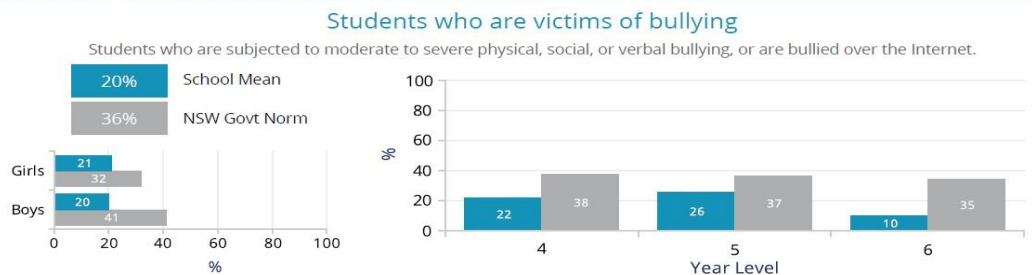
Student Outcomes and School Climate

NSW Primary Schools 2018

Berry Public School

The anti-bullying program remains a continual focus at Berry and is addressed/ built on bi-annually.

DRIVERS of Student Outcomes



How Parents And Carers Can Help

If your child is being bullied:

- listen and provide support;
- try to get an understanding of what is happening, how often and how long;
- encourage social skills like being assertive and using the Bounce Back Steps; and
- talk to your child's teacher and ask for help.



If your child is doing the bullying:

- make sure your child knows the bullying behaviour is inappropriate and why;
- try to understand the reasons why your child has behaved in this way;
- encourage perspective - talking eg. "How would you feel if...."; and
- help your child think of alternative paths of action.