Anti-Bullying Policy

The Carine SHS Anti-Bullying Guidelines, Procedures and Policy document has been written by the Carine SHS Anti-Bullying Committee (ABC) with staff and community consultation. The ABC is a committed group of Carine SHS staff who strategically plan and facilitate staff, student and parent education, strategies and processes to combat bullying. There is also a Student Anti-Bullying Committee who is active in many roles in the school with students, events and planning.

RATIONALE

Carine Senior High School is committed to providing a safe, caring and supportive environment for all students, staff and parents. Students, staff and parents will show respect and concern for others.

*Bullying of any kind is not tolerated and any instances are dealt with in a prompt, effective and confidential manner.*

WHAT IS BULLYING?

Bullying is a repetitive attack which causes distress. It is characterised by an imbalance of power and impacts on the vulnerable person. It is behaviour that has the intention to hurt, injure, embarrass, upset or discomfort the other person.

TYPES OF BULLYING

- **Physical**
  - Pushing, hitting, kicking, pinching, tripping, stealing, vandalism of property.

- **Psychological**
  - Humiliation, rumours, putdowns, threats, intimidation, insults, bribery and extortion.

- **Verbal**
  - Name calling, sarcasm, mimicking others, abusive phone calls.

- **Social**
  - Exclusion from peer group, ignoring and refusing to talk to someone.

- **Sexual**
  - Unwanted sexual advances or contact and sexually abusive comments.

- **Cyber-bullying**
  - Occurs when the internet, email or mobile phones are used to deliberately and repeatedly engage in hostile behaviour to harm someone. This is often used as an extension of other forms of bullying.
**Racial**
Offensive language or behaviour that refers to another person’s actual or perceived race.

**Gender**
Offensive language or behaviour that refers to another person’s actual or perceived sexual orientation.

**Religion**
Offensive language or behaviour that refers to another person’s actual or perceived religion.

**SOME SIGNS OF BULLYING**

- School refusal or reluctance to attend school particularly on certain days or lessons
- Lateness for school or certain classes
- Reluctance to leave school or certain classes
- Personality changes
- Withdrawal from peers.
- Constantly asking to go to nurse/school psychologist/chaplain
- Decline in academic achievement
- Physical signs

**MANAGING BULLYING AT SCHOOL**

Carine Senior High School uses the following prevention and intervention strategies:

- Education
- Student disclosure support
- Restorative Practice
- No Blame strategies
- One to One Mentoring
- Student interaction management
- Regular Year Assemblies
- Student learning
- Family support

**RESPONSIBILITIES**

**School Staff will:**

- Act as positive role models
- Provide positive classroom management strategies
- Listen to, report, refer and record acts of bullying to appropriate parties
- Continue to provide Duty of Care
- Be present and visible on duty by wearing a fluorescent vest
• Refer parents/students to appropriate pastoral care pathways
• Educate students using curriculum content
• Use “Restorative Practice” strategies
• Act upon inappropriate use of bullying language

Students will:

• Immediately speak to a staff member at school providing details as needed
• Work with school staff to restore effective relationships
• Intervene if able, and if not will notify staff directly

Parents will:

• Speak to a staff member at school providing details as needed as soon as possible
• Work with school staff to restore effective relationships

WHOLE SCHOOL APPROACH

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<thead>
<tr>
<th>IN THE CLASSROOM</th>
<th>AT RECESS OR LUNCH</th>
<th>AT OTHER TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom Teacher</td>
<td>Duty Teacher</td>
<td>Available staff member</td>
</tr>
<tr>
<td>Head of Learning Area</td>
<td>Year Coordinator</td>
<td>Year Coordinator</td>
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<tr>
<td>Student Services Manager</td>
<td>Student Services Manager</td>
<td>Student Services Manager</td>
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<tr>
<td>Associate Principal, Student Services</td>
<td>Associate Principal, Student Services</td>
<td>Associate Principal, Student Services</td>
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</tbody>
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OTHER SUPPORT OPTIONS INCLUDE

• Student & Student Representative Anti-Bullying Committee
• Other Teachers
• School Chaplain
• School Psychologist
• School Nurse
• Education Assistants
• School Office Staff
• Academic Performance Manager
• Associate Principal Lower School
• Associate Principal Senior School
• Principal
<table>
<thead>
<tr>
<th><strong>EXTERNAL AGENCIES</strong></th>
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| **Kids Helpline**     | 1800 55 1800  
kidshelpline.com.au |
| **Beyond Blue**      | 1300 22 4636  
beyondblue.org.au (3pm to 12am)  
Phone and online counselling for those struggling with depression and anxiety |
| **YouthFocus**       | (08) 6266 4333  
youthfocus.com.au  
Prevention of youth suicide and depression |
| **Reach Out**        | reachout.com.au  
For support and advice in a personal crisis for all ages. Phone counselling 24/7. |
| **Headspace**        | headspace.org.au  
Mental health counselling. |
| **Lifeline**         | 13 11 14  
lifeline.org.au |