



CARINE SENIOR HIGH SCHOOL

SEEKING EXCELLENCE IN EDUCATION

Principal: Damian Shuttleworth B.Arts. B.Ed

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 pastoralcare 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

IN THE CLASSROOM	AT RECESS OR LUNCH	AT OTHER TIMES
Classroom Teacher ↓ Head of Learning Area ↓ Student Services Manager ↓ Associate Principal, Student Services	Duty Teacher ↓ Year Coordinator ↓ Student Services Manager ↓ Associate Principal, Student Services	Available staff member ↓ Year Coordinator ↓ Student Services Manager ↓ Associate Principal, Student Services

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

EXTERNAL AGENCIES

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