**Tell someone who can help**

- Your teacher
- Another teacher
- The Assistant Principal or Principal
- A House Captain, Peer Mediator or friend
- Your parents

**What can you do if you see or hear others being bullied?**

- Support the person being bullied and encourage them to do something about it.
- Speak to a member of Staff or Peer Mediator about it.
- If you are confident, speak to the bully about the problems they are causing.

**A PARENT'S ROLE**

Look for warning signs of bullying

If you suspect your child is being bullied take him or her seriously.

Avoid over-reacting and resist the temptation to confront the bullies. This only escalates the problems and involves retaliation.

Never approach or threaten children in the school ground. Use the proper school channels to deal with any problems.

Make sure you get a clear picture of what has happened and what your child is doing before being bullied.

If appropriate, provide your child with some ideas based on the information you have that will reduce the likelihood of being bullied.

Inform the school of the bullying behaviour.

Discuss the processes that will be used to help your child and the bullies.

Finally, reinforce that no one has to put up with being bullied and that the problem will only be solved by taking some form of appropriate action.

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**Pembroke Primary School**

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**HELP MAKE PEMBROKE P.S A BULLY FREE ENVIRONMENT**

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**Pembroke Primary School**

“Caring for each other”

The 3 R’s

Rights
Responsibilities
Respect
What is bullying?

Bullying is the selective, uninvited, intentional, often repetitive oppression of one person by another person or group. Whether physical or psychological, bullying is an intolerable behaviour that can cause long-term harm to children. It not only transgresses a child’s fundamental right to feel safe but can effect academic performance, peer group relations and a child’s self esteem.

Bullying Includes...

- Fighting, pushing, shoving
- Invading someone’s space
- Rude gesturing
- Name calling, teasing, taunting
- Making threats
- Damaging personal items
- Sneering, the “look”
- Picking on because of race, or sex, or appearance
- Laughing at, making fun, poking faces at...
- Ignoring or excluding

What are your responsibilities?

- Follow the school rules and use appropriate behaviour
- Refuse to participate in, or watch bullying occur
- Treat others with respect and dignity

What should you do if you feel you are being bullied?

- Tell the person that their behaviour offends you. They may not realise this
- “Stop saying or doing that. I don’t like it!”
- “You are not impressing your friends by saying that to me”

Or you may wish to talk with someone about it or get some help to deal with a situation. The school has a number of people who are able to help you. They can lend a listening ear and offer information and advice.

What are your rights?

- To learn and play in a secure environment
- To feel a sense of belonging in the school community
- To be valued socially
- To be listened to

What should you do if you are a bully?

- Think about others point of view
- Think about why you are behaving this way
- Talk to someone you respect about your behaviour and possible strategies for changing it.
- Think about the effect bullying has on the person being bullied.

Possible signs of Bullying

Children may:
- Be frightened of walking to and from school
- Beg you to drive them to school
- Be unwilling to get to school
- Feel sick in the mornings
- Start wagging school
- Begin getting low marks
- Come home with books or clothes damaged or missing
- Become withdrawn, lack confidence
- Ask for money or start stealing
- Cry themselves to sleep
- Refuse to talk about what is wrong
- Become aggressive or unreasonable
- Give unlikely excuses for any of the above

What are your rights?

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