

Anti-bullying Plan

Marsden High School



Getting the Wellbeing Right

Respect yourself and others:

If you are being bullied or witness bullying....

- Get the bully to stop by speaking calmly and assertively.
- Tell the person being bullied it is not acceptable and that something will be done.
- Tell someone like a friend, peer support leader, year adviser, school counsellor or a teacher you know and trust.
- Remember it is the responsibility of all school community members to ensure we all feel comfortable and happy at school.

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For Parents/Caregivers:

- ▶ Encourage your children to discuss bullying as much as possible explaining that ‘Silence is the bully’s friend’. A thorough reading of this policy with your children is highly recommended.
- ▶ Encourage them to follow the procedures outlined above if they wish to report bullying.
- ▶ Listen to your child. Remain open minded. Ask questions gently. Reflect on what has been done so far. Help your child understand what will be done according to the school’s anti-bullying policy.



Getting the Wellbeing Right

- Discuss bullying with your child(ren) and establish that it is not an acceptable practice regardless of how trivial they think the problem may seem.
- Once you have a clear picture of the situation and some idea about how you and the child would prefer to handle the situation, contact the school (through your son/daughter's Year Adviser).

Leave the school to deal with it.

- ▶ As a parent, never try to sort out the bullies yourself. This never works and can lead to legal repercussions. Working with, and through, the school is best.
- ▶ Your assistance may be sought by the school to resolve the issue. In serious situations, such as physical assault, you will become automatically involved.
- ▶ It should be noted that instances of bullying are unfortunately, becoming increasingly common through technology - outside of regular school hours. These include bullying others through personal internet sites, internet chat

Advice for parents

- ▶ Read everything
- ▶ Be a mentor/guide
- ▶ Be a great role model
- ▶ Be patient, understanding and supportive
- ▶ Remember, stress is contagious!



Questions and comments?

