



BONNYRIGG HIGH SCHOOL

ANTI-BULLYING PLAN OF ACTION



HOW TO DEAL WITH BULLYING BEHAVIOUR AS A STUDENT

IF YOU ARE BEING BULLIED

STEP 1:

LEAVE

Give a non-reactive response, ignore it, walk away.

AND/OR

SAY

If you feel safe and have someone to back you up, call the bully out and tell them to stop. "I don't like it when you say/do that."

AND/OR

STEP 2:

Tell a teacher or another adult.
Repeat Step 2 if the bullying continues.

IF YOU SEE/KNOW SOMEONE BEING BULLIED

STAND UP! SPEAK OUT !

- If you feel safe and have someone to back you up, call the bully out and tell them to "STOP".

- Report the bullying directly to your classroom teacher, a teacher on duty or a teacher that you trust.

- You can provide support to the person being bullied by helping them report it to a teacher.



BONNYRIGG HIGH SCHOOL ANTI-BULLYING POLICY



What is Bullying?

- Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm
- Bullying can involve an individual or a group misusing their power or perceived power over one or more persons who feel unable to stop it from happening
- Bullying can happen in person or online and it can be obvious (overt) or hidden (covert) and it can be direct or indirect
- Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved including bystanders
- For bullying to occur, there must be a relationship or ongoing contact between the people involved
- Single incidents and conflicts or fights between equals, whether in person or online, are not defined as bullying. If someone behaves in a mean or aggressive way on a single occasion, even though the behaviour is not respectful or acceptable, it is not bullying.





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ANTI BULLYING POLICY



Misuse of Power:

- Power imbalances exist between people in groups all the time. Differences in social status are a common part of our society but when someone takes advantage of the power imbalance to coerce or mistreat others, this is considered a *misuse of power*
- Power can come from:
 - person's situation (being in an exclusive or popular group)
 - owning possessions or belongings that the other group does not
 - personal characteristics (being older, physically stronger, good at activities considered important by peers)
 - supported by other powerful people
- If there is no power imbalance then it is *conflict*, not bullying.

Ongoing and Repeated Bullying:

- Bullying can be ongoing through repeated actions or the use of threats, which create the fear that it will happen again and this fear that unwanted actions will be repeated can create distress and harm
- The ongoing nature of bullying adds the power imbalance as the person being bullied feels powerless and unable to stop it from happening.

Online Bullying:

- Online bullying (sometimes called cyberbullying) is when these unwanted behaviours happen through the internet and mobile devices
- Some young people experience bullying both in person and online
- Inappropriate actions online must be between people who have ongoing contact and be part of a pattern of repeated behaviours online or offline for it to be called bullying. One action, such as a nasty comment or an embarrassing photo, which is repeated through sharing and forwarding to others, can be called bullying if the individuals involved know each other and have ongoing contact either on or offline.

Harmful Behaviours:

- *Verbal bullying*: name calling, insulting someone about their physical characteristics (weight, height) or other attributes including race, sexuality, culture or religion
- *Physical bullying*: hitting or otherwise hurting someone, shoving or intimidating another person or damaging or stealing their belongings
- *Social bullying*: excluding another person, sharing information or images that will have a harmful effect on the other person. Social bullying can be subtle and sometimes denied by the other person.