

**We will not tolerate
bullying in
our community.**



Remember

Everyone has the right to feel safe and comfortable, all the time.

Every incident reported will be investigated.

It is right for you to tell someone if you are being bullied, or if your friends are.

talk to

A good friend

A student leader or older student you respect and trust

Your DEAR teacher

Your classroom teachers

Your sporting coach

A parent or guardian

Counsellors: Mrs Evelyn Burt /
Mrs Wendy McAlpine

Welfare Co-ordinator: Ms Fiona McLarty

Boys Supervisor: Mr Michael Kelly

Girls Supervisor: Ms Karen Daffy

Your Year Advisor
Year 12 Ms Nicole Sykes
Year 11 Mr Tony Wilson
Year 10 Ms Ros Gavin
Year 9 Mrs Vanessa van de Scheur
Year 8 Mr Tony Skimmings
Year 7 Mrs Susan Judd

Deputy Principal:
Mr Brad Dives

Principal
Ms Maureen Jarvis

Dungog High School



anti bullying strategy 2015

At Dungog High, students, parents and staff have the expectation that everyone is treated with respect and dignity.

We will
not
tolerate
bullying.

We
can
do something about it

what is bullying?

Bullying is the wilful, conscious intent to hurt, threaten, intimidate, or embarrass someone.

examples of bullying

When someone:

- is punched, tripped, pushed, kicked, spat upon or jostled
- is called hurtful, abusive or offensive names
- is threatened
- is sexually harassed
- is called homophobic names (eg. "gay", "homo")
- is a victim of abusive language
- is ridiculed about their appearance or abilities
- is teased repeatedly in a nasty manner
- is singled out for unfair treatment
- has rumours spread about them (including over the internet)
- has their property interfered with
- has repeated offensive gestures made to them
- has graffiti written about them
- is deliberately excluded from group activities in the classroom, playground or field
- is ridiculed for their efforts and achievements then he or she IS BEING BULLIED.

In our community **BULLYING OCCURS**:

- between students;
- when we support or encourage others who bully;
- when adults bully or intimidate students;
- when students bully or intimidate adults;
- when adults bully or intimidate other adults.

Bullying goes against the values upheld by our community and contravenes State law.

bullying does happen in our community

Even if you are not being bullied, but you are aware of others who are, you CAN and SHOULD do something about it.

every student has rights

- You have the right to feel safe and comfortable at school.
- You have the right to feel safe and comfortable on your way to and from school.
- You have the right to learn and no-one has the right to stop you or anyone else from learning.

what effect does bullying have on a victim?

- When we are the victim of someone's deliberately harmful actions or words, we feel angry, embarrassed, frightened, humiliated, uncomfortable.
- Bullying affects our self confidence.
- If it persists we find it hard to concentrate on our work.
- We may no longer enjoy going to school.
- We may find it difficult to keep good relationships with others.

how does bullying affect the bully?

Being seen as a bully affects how others relate to you - and ultimately who you are. Maybe there is some 'good' feeling from hurting someone but in the longer term you are promoting what is ugly within you and not what leads to a happy fulfilled kind of life.

you can have control over what happens to you

If you are bullied, don't retaliate verbally or physically.

so, what can you do?

Ignore it

Show that it doesn't upset you. This is not doing nothing - it is saying it does not get under your skin. The bully is not encouraged and may stop.

Inform the bully or bullies

Tell them that their actions are unwanted and offensive.

Talk it over

Talk it over with someone you trust e.g. a friend, family member or a teacher. The most important thing to remember is that if you (or someone you know) is being bullied, TELL SOMEONE.

Report the matter

Report the matter to any teacher, Year Advisor, Boys or Girls Supervisor, Welfare Co-ordinator, Deputy Principal, Principal or anyone you think is in a position to help you.

This is reporting abuse - not 'dobbing'. It is important you allow these people to take action on your behalf to stop the bullying.

Doing nothing will accomplish nothing.