



Cathedral Catholic Primary School
Bathurst
Anti-bullying Policy
Parent Information Brochure

Purpose

At Cathedral School, we believe that all members of the community have the right to a learning and work environment free from intimidation, humiliation and hurt. We all share a responsibility to create a culture of caring which will not tolerate bullying. This policy builds on the school's pastoral care policy to provide clear and agreed procedures and strategies for combating bullying in the school, responding to bullying behaviours and protecting and supporting all parties involved.

Framework

Flowing from the Christian vision expressed in the Pastoral Care Policy, Cathedral School is called to establish relationships which are grounded in love, compassion, tolerance, mercy, respect, forgiveness, service, hope, and justice. In witnessing Christian values, we reject ideas, beliefs and behaviours which marginalise or victimise people.

Definition

Whilst there is no universally accepted definition of bullying, there is general consensus that bullying behaviour has the following elements:

A desire to hurt; the perpetration of hurtful behaviour (physical, verbal or relational) in a situation in which there is an imbalance of power; the action being regarded as unjustified, typically repeated and experienced by the target of the aggression as oppressive, and by the perpetrator as enjoyable. (Ken Rigby, 2002)

Bullying takes many forms, all of which will cause distress.

Examples of bullying include:

Physical: hitting, pushing, tripping, kicking, spitting on others

Verbal: teasing, using offensive names, ridiculing, spreading rumours

Non-Verbal: writing offensive notes or graffiti about others, using e-mail or other platforms for messaging, including but not limited to text, snapchat, Instagram or messenger to hurt others, rude gestures

Exclusion: deliberately excluding others from group, refusing to sit next to someone

Extortion: *threatening to take someone's possessions, food or money*

Property: *stealing, hiding, damaging or destroying property*

Cyber Bullying: *use of electronic communication tools (including social media sites, digital cameras and phones) to bully, intimidate and harass*

Bullying is different from simple social rejection, one of aggression/nastiness and mutual conflict. The indicators of each should be clearly stated.

Acceptable common terminology should be stated, e.g.: -

- *avoid the term "victim" and use "recipient" or "target" instead*
- *avoid the term "the bully" and use "the student who bullied" instead*
- *avoid the term "weaker" and use "in less powerful position" instead*

How do we respond to bullying at Cathedral School?

Bullying is viewed as a breach of the school's behaviour code. Any reports of bullying will be investigated and appropriate action will be taken. The response to bullying will provide: -

- *guidance and other support for the recipient*
- *appropriate and consistent sanctions and support for the student who bullied*

Staff and parents are encouraged to report suspected incidents of bullying to the class teacher (home room teacher) of both the recipient and the student who bullied.

If they encounter an incident of bullying, they should first take steps to protect the recipient and witnesses. All staff are expected to pass on information about any bullying to the Principal / Assistant Principal, for further action.

Cathedral School seeks to promote a culture in which students will be encouraged to: -

- *take some positive action to stop the bullying if they observe an incident*
- *report the bullying incident to a teacher as soon as possible*
- *make it clear to their peers that bullying is not accepted*

What Parents can do

Parents play a key role in the support of both the recipients and the students who bully. The school must work in partnership with parents in the disciplinary process. Parents can assist in the following ways.

When your child has been the recipient of bullying: -

- *Let your child know that bullying in any form is never acceptable. Listen to your child and take their feelings and fears seriously.*
- *Make sure your child knows that being bullied is not their fault.*
- *If the bullying is verbal, help your child develop the skills to ignore it so that the student who bullies does not get the satisfaction of a reaction. Practice the way to walk past looking confident with head up. Practice a supply of quick (not insulting) responses -for example 'That's your opinion', 'Stop it. I don't like it'.*
- *Avoid the urge to take everything into your own hands unless absolutely necessary, as this will make your child feel less in control.*
- *Help your child feel good about the other things in his life. Enhance their self-esteem.*
- *The recipient and witness/es of the bullying may need further support to develop strategies to overcome the situation. The class teacher will seek to involve the parents in the formulation of the plan and its monitoring.*

When it is clear that your child is the student who bullies: -

- *Recognise the seriousness of the issue and support the school in implementing this policy.*
- *Stay calm and avoid becoming angry and defensive.*
- *Reassure your child that you still love them - it's their behaviour you don't like but you will work with them to help change this.*
- *Co-operate with the school in implementing the appropriate procedures and graduated responses for dealing with bullying.*

Reporting of Bullying

Incidents of bullying can be reported to any teacher, or the Principal by children and their parents. Any staff member who has an incident reported to them is responsible for investigating the concern and informing the Principal.