



COWANDILLA
Primary School

**Student Information on
Bullying, Harassment
and Violence**



Government of South Australia

Department for Education and
Child Development

What is Bullying, Harassment, and Violence?

Bullying and harassment can take many different forms. Bullying refers to targeted, repeated behaviour from an individual or group that hurts, upsets, intimidates, scares, or shames others.

Harassment is unwelcome and unwanted behaviour that is usually, but not always, repeated.

Violence is the intentional use of physical force or power against another person. This includes threats as well as injury.



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Types of Bullying, Harassment, and Violence:

Physical: hitting, punching, kicking, touching, pushing and pulling, scratching, rubbing, grabbing, pinching, spitting, taking/damaging property, and using objects as weapons.

Sexual: any unwelcome written, verbal, or physical contact of a sexual nature.

Verbal and Written: spoken or written insults, threats, suggestive comments, name calling, unfair criticism, spreading rumours, note writing, graffiti, pictures.

Body Language: hand gestures, looks, facial expressions, turning away with the intent to cause harm.

Cyber: refers to bullying through websites, email, instant messaging, or using mobile phones or devices.

Group: forming groups to exclude others. Indirect: encouraging others to bully or harass.

Where Can This Occur

- On the way to school
 - In the school yard or playground
 - In the classroom
 - In the library
 - In the toilets
 - On electronic devices
 - On excursions or camps
 - Anywhere...
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What to do if you are Being Bullied

If you are being bullied you need to:

- Tell a teacher or other staff member.
- See the School Counsellor, Assistant/Deputy Principal, or Principal.
You can take a friend to support you.
- Tell your parent or caregiver, and ask them to contact the staff at the school.

Do you Bully or Harass?

Teachers will get involved if you are behaving in a way that causes other people to be scared, hurt, upset, or shamed.

You will have a fair chance to:

- take responsibility for your behaviour and show a commitment to learning from mistakes
- show that you are sorry about what has happened
- be involved in helping to make things better

You may be offered:

- counselling
- skills training
- special programs to help you stop bullying and harassing
- a meeting with your parents

If you choose to continue to bully and harass others, more serious interventions will be required.

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Staff Responsibilities

At Cowandilla Primary School and Children's Centre we work hard to prevent bullying and restore relationships.

Teachers will teach you how to:

- handle bullying and what to do if you are being bullied or harassed
- be confident, cooperate and get along with others
- bounce back and be resilient
- listen to and support the person who has been bullied
- keep yourself safe
- be a supportive bystander

Teachers will:

- work with the student who has bullied and help them to understand the effect of their behaviour
- give consequences to students who bully or harass which may include time out, Thinking Room, and restricted play
- talk with parents

When dealing with violence the safety of students is our first priority. Responses to violence will be determined by the seriousness of the act.

Cowandilla's Student Information on Bullying, Harassment and Violence
complies with DECD School Discipline Policy

Updated May 2015
Review May 2016

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