



### MORE INFORMATION

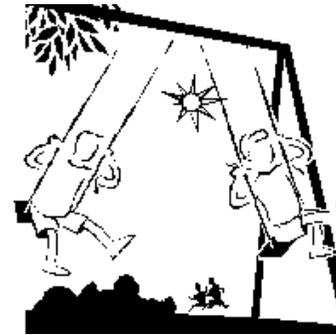
If you need more help try these ideas:

- Contact "Kids Help Line"  
1800 55 1800. It's a free call.  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- "Bullying No Way"  
[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)



### RENMARK WEST PRIMARY SCHOOL Information for Students

All you need to know about



- Getting along
- Having friends

and

- What to do about bullying and harassment.



Be a buddy  
not a bully



Written with the help of students in the "Superstars" group at  
Renmark West Primary School 2013

**BULLYING. NO WAY!**

Smile Listen Play fairly

# HOW TO BE A

Help others Be friendly

# FRIEND

Take turns and share Care about others

Ask someone to join in if they are alone

## I Know Someone Who's Being Bullied

If you see bullying or know that it is happening to someone else **they need your help.** You are a bystander.

4. Can I help?



**YES**

- Can I do anything to stop it?
- Can I get others to help me?



**NO**

Leave it to someone else

5. What could happen if I do help?



**YES**

- Would I be seen as friend ?
- Would I feel proud of myself if I helped?
- Would the person respect me?

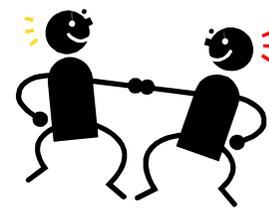
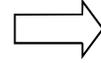


**NO**

It's not worth it



**YOU GIVE HELP**



## I Know Someone Who's Being Bullied

If you see bullying or know that it is happening to someone else **they need your help**. You are a bystander.

### What can you do?

#### 1. Is the person really being hurt?



**YES**

- Are they only playing?
- How would I feel if I was being treated like that?



**NO**

There is no problem



#### 2. Does the person need to be helped?



**YES**

- Is what is happening unfair?



**NO**

Let it happen

#### 3. Is it my responsibility to help?



**YES**

- Should the person look after him/herself?
- Is someone else there to help?
- What would my parents expect me to do?
- What does the school expect me to do?

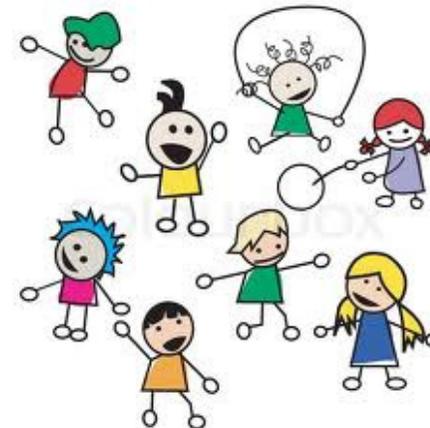


**NO**

Move away

## HOW TO MAKE A NEW FRIEND

- **Ask them their name** (if you don't already know their name). Say: "Hi. My name is ..... What's your name?"
- **Invite them to play with you**. "Come and play with me." "Would you like to hang around with my friends and me?"
- **Ask them about themselves**. "Where do you live?" "Do you have any brothers or sisters?"
- **Ask them about things they like to do and talk about**. "What do you like to do after school?" "What do you like playing?"
- **Tell them about yourself**. "I live in....." "I like playing...."



# What is bullying?

**Bullying** is when a person (or people) deliberately threatens, hurts or embarrasses you and is trying to have power over you. It happens again and again and they won't stop when you ask.



Bullying can be **physical**: being hit, kicked, pinched, tripped, pushed around, or having your things damaged or stolen.



Bullying can be **verbal**: being teased, threatened, insulted, sworn at, called a name.

Bullying can be **emotional**: being left out, ignored, made fun of, being stopped from joining in, or having rumours spread about you.



Bullying can be **cyber-bullying**: using a mobile phone or computer to bully you.



TAKE A STAND  
TOGETHER  
Bullying. No way!

# TIPS FOR STOPPING TEASING

Agree with them. Example: *"Your hair is disgusting."*

Yes, I try my best

Only on special days

Yes, I know. I like it that way.



Disagree with them. Example: *"You're so fat."*

No, I'm just cuddly

I'm well padded



Be nice. Example: *"Your shirt is horrible."*

Yes, I like it like that

I like your shoes



DON'T BE MEAN BACK

## What choices do I have?

Ignore what is happening. Walk away.

Take a friend with you. Stand up for yourself.  
Tell them you don't like what they are doing and you want it to stop.  
Tell them they are breaking the school rules.

Use the Golden Rule: Tell someone - a staff member, a parent (or both), your friends, or a trusted adult.

Fill in a "Bullying and Harassment Report Form."

**KEEP TELLING EVERYONE UNTIL THE BULLYING OR HARASSMENT STOPS!**



**REMEMBER:** The end of bullying and harassment begins with you.

## What is harassment?

**Harassment** is when someone targets you or pays you out and it makes you feel hurt, offended or uncomfortable.

You are targeted because of:

- \* the type of person you are
- \* the country you or your family come from
- \* your values
- \* your religion
- \* what you look like
- \* your parents



OR because:

- \* you are a boy or a girl
- \* you have a disability



*This can happen just once or more than once.*

## How do I avoid bullying others?

Always check that what I do or say is not deliberately hurting someone's feelings.

Always check that what I do is not deliberately hurting someone else physically.

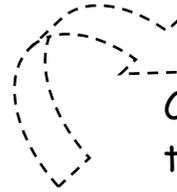
Always check that what I do or say is not deliberately making someone else feel afraid.

Never try to control someone else or make them do something they don't want to do.

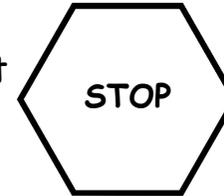
Never unfairly take out my feelings of anger or frustration on someone else.

Always ask myself, "Would I like someone else to do this to me?" If the answer is no, then it is a sign to stop my behaviour.

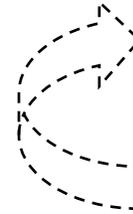
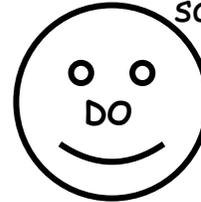
## What do I do if I am bullied or harassed?



Carry out the plan safely.



Is this bullying or harassment?



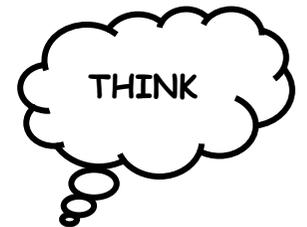
What will happen if I make those choices?



How does it make me feel?



What are my choices?



Do I need to act?

