



RENMARK WEST PRIMARY SCHOOL



Information for Students



All you need to know about

- Getting along
- Having friends
- What to do about bullying and harassment.





Smile



Listen



Play fairly

HOW TO BE A



Help others



Be friendly

FRIEND



**Take turns
and share**



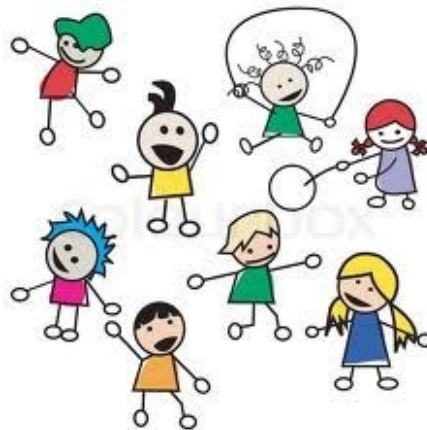
**Care about
others**



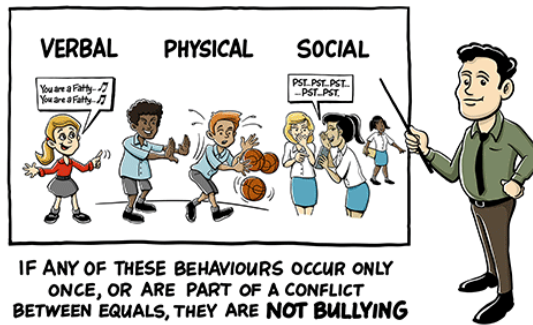
**Ask someone to join in
if they are alone**

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.



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.

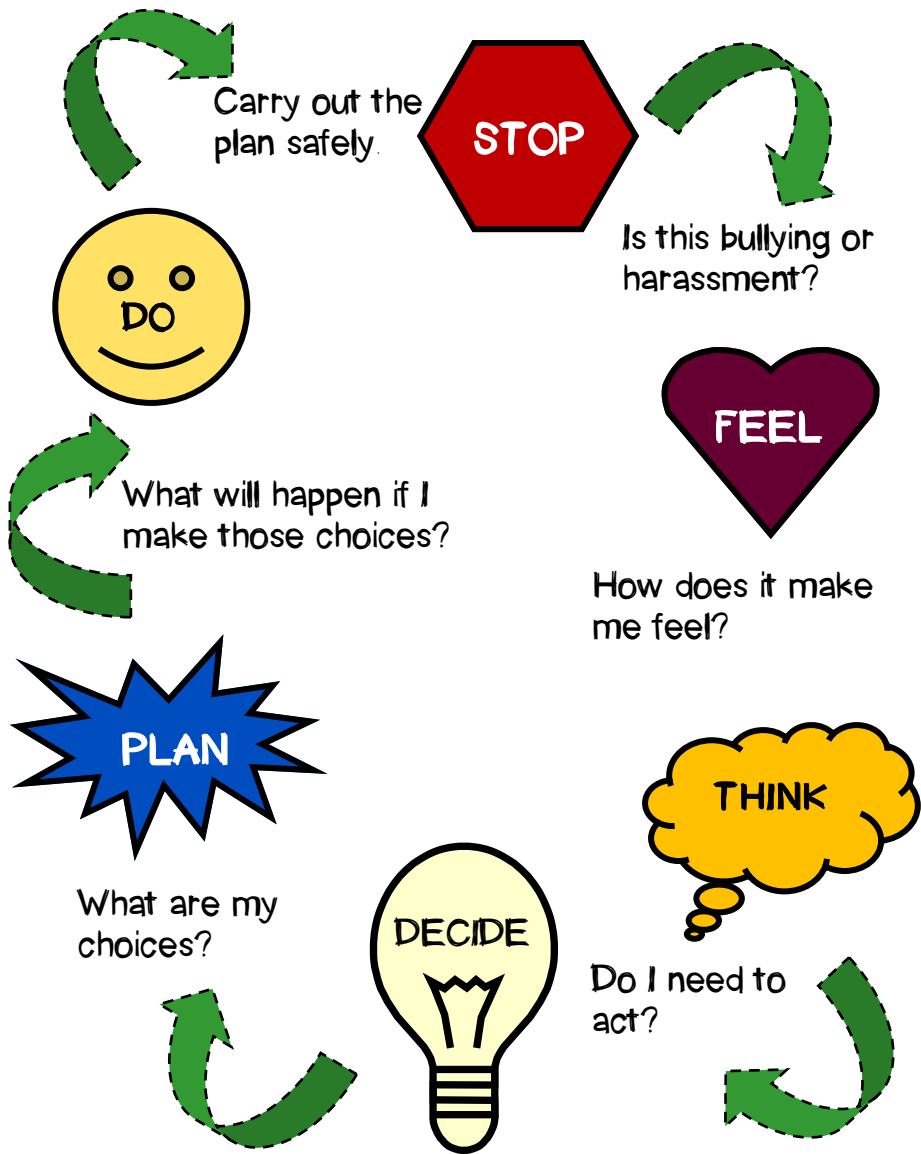
Always check that what I do or say is not deliberately making someone else feel afraid.

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?



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!**



**The End
of Bullying
Begins
With You.**

PACER.org/Bullying

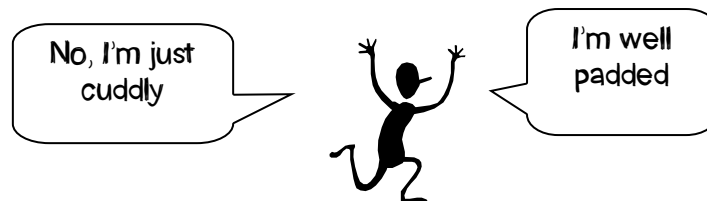


Tips For Stopping Teasing

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



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



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



DON'T BE MEAN BACK

I know someone Who's Being Bullied

If you see bullying or know that it is happening to someone else **they need your help**. Don't be a bystander.

What can you do?

ASK...

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

I Know Someone Who's Being Bullied

If you see bullying or know that it is happening to someone else, **they need your help**. Don't be 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**



STOP
BULLYING
STAND UP. SPEAK OUT.



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
- "Bullying No Way"
www.bullyingnoway.com.au



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