SOME STRATEGIES TO TRY IF YOU ARE BEING HARASSED

- Don't harass others. This includes GOSSIP. The people who tell you gossip will be spreading tales about YOU.
- Look and act confident. Do not allow the harasser to know you are hurt.
- Surround yourself with people who do not tease and put down.
- Tell them in a really powerful voice: “NO! I am not going to be involved in this. I have better things to do.”
- Don’t give in. Do not give power over yourself to these unfortunate people. Remember, you cannot justify YOUR bad behaviour because of the bad behaviour of others.
- Talk openly about what is happening. You have nothing to be ashamed of. Tell others in a loud voice— at Homeroom, in class, or at your locker.
- Don’t loiter around and be a target. Make new friends and stick to them.
- Tell someone in authority— and don’t be fooled by the bully. You have more chance of stopping the behaviour if you say: “I’ve told Mr/Mrs .... And if I’m hurt they’ll know who it was!”
- Don’t accept teasing, bullying, story-telling, vandalism, put-downs, snide comments— tell someone.
- Excluding someone is just as bad as bullying – no one has the right to determine who will be friends or associate with anyone.

WHAT WILL HAPPEN WHEN I CONTACT THE CLASS TEACHER OR PACA MENTOR?

Harassment is understandably a very serious breach of the school rules. Each situation is different and is dealt with individually. Depending upon the situation, the following may occur:

- Class teacher or PACA mentor assists you and the student to work out some ways of dealing with the situation. Documented on Synergetic database.
- Class teacher or PACA mentor resolves the situation— perhaps using a variety of strategies and tools. Documented on Synergetic database.
- Class teacher or PACA mentor recruits all appropriate staff to assist you and your student. Documented on Synergetic database.
- Regular ongoing checks are made to ensure the situation has stopped
- Consequence for offenders
- Involving parents. Documented on Synergetic database.
- Joining a group to help each other
- Sitting down in a conference to help everyone change their behaviour. Documented on Synergetic database.

Sources: AISV supplement and Bully Blocking—Evelyn Field
the exertion of power by one person over another – often presenting as bullying behaviour – which makes the other person feel embarrassed, offended, upset, devalued, degraded, afraid, frustrated or angry. It is unwelcome, unreciprocated, uninvited and usually repeated. It is behaviour that breaches proper conduct.

- School bullying is the repeated psychological, emotional, social or physical harassment of one student by another.
- The most common form of bullying for both sexes is verbal eg teasing, harassment and name-calling.
- Other forms of bullying include threats, extortion, malicious rumours, physical violence, damage to property.
- Bullying includes behaviours that are verbal, physical, cyber instigated or anti-social, such as exclusion, gossip and non-verbal body language.
- The nature and extent of bullying can vary from direct to indirect harassment, from minor irritation to major assault, from "just having a bit of fun" to breaking the law.
- Cyber bullying is the latest form of bullying; often it can be traced and blocked.
- A student can be bullied by one child or by a group for years.
- Bullying can happen sporadically or over a long period of time.
- Some children are bullied wherever they go, at any school.
- Bullying occurs in any school: small, large, single sex, co-educational, traditional and progressive.
- Bullying occurs in primary and secondary schools.
- The playground is the most common place for bullying to occur.
- The majority of children have the potential to be bullies and/or targets.
- Most children believe that bullying cannot be stopped.
- Most children say that they would feel happier and learn better if they felt safer at school.

Bullying is one of the major reasons children contact help lines.

---

**HARASSMENT IS**

- What do I do if am bullied or I see it happen to someone else?

**Tell Someone**

- Submit Online Harassment Form
- Classroom Teacher
- Home Group Teacher
- PACA Mentor
- Other teachers
- Parents
- Head of Pastoral Care
- Head of School
- Principal
- Sports Coach
- Any adult
- Police
- Older student buddy

Harassment can only continue as long as it is kept secret.

By telling someone YOU take charge to change this behaviour