

# NARRANDERA HIGH SCHOOL ANTI-BULLYING POLICY

## What is bullying?

Bullying is a deliberate, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure on an individual.

Bullying can take many forms:

- **Verbal** – such as name calling, teasing, abuse, putdowns, sarcasm, insults, threats, racist, homophobic or gender based remarks.
- **Physical** – such as hitting, punching, kicking, scratching, tripping, spitting, taking other's belongings, throwing objects.
- **Social** – such as ignoring, excluding, ostracising, alienating, making inappropriate gestures, forcing others to act against their will.
- **Psychological** – such as spreading rumours, dirty looks, hiding or damaging possessions.
- **Electronic** – such as malicious SMS, "sexting", cyber bullying, chat mail and email messages, inappropriate use of camera phones and camera's, abusive or threatening phone calls.

## How do we know if someone is being bullied?

Students experiencing bullying may be scared to tell anyone or feel ashamed about being bullied so they may try to hide what is going on. Some signs that someone is being bullied are:

- lack of motivation;
- vagueness (especially around certain topics);
- unusual behaviour;
- seeing the person be hassled and
- physical injuries.

## Student responsibilities

- **Report** incidents of bullying to any member of staff.
- **Understand** the anti-social nature of bullying and the consequences of bullying (at school).
- **Prevent** bullying from happening wherever possible.
- **Stand up** for the victim without fear of reprisal