

# Cootamundra High School: Managing Bullying (Students)

*Respect. Responsibility. Excellence.*



## How can **STUDENTS** handle bullying behaviour

### Are you being bullied?

Are you repeatedly isolated or subjected to ongoing physical, verbal or cyber harassment?

### RECOGNISE

Recognise the incident and decide if it is a one off incident or is it bullying?

### INFORM

Inform the bully calmly and politely that you want them to stop this behaviour.

### ALL STUDENTS NEED TO REMEMBER THAT BULLYING IS NOT ACCEPTED

There are consequences for bullying behaviour: Parent contact, loss of privilege, suspension or isolation.

### EVALUATE

Evaluate the situation. If it does not improve follow up with the trusted adult

### TELL

Tell a responsible and trusted adult about the recurring bullying. Talk to them about strategies you can use to manage the situation

### BECOME AN UPSTANDER

All students at Cootamundra High School should aim to be an **UPSTANDER**. This is someone who witnesses the bullying behaviour and does something about it such as supports the individuals, intervenes and asks the bully to stop or seeks the support of a trusted adult.

**BE AWARE** - Laughing, teasing, filming is not respectful or responsible behaviour.

**ALWAYS TRY TO SUPPORT AND REPORT** - Support the **STUDENT BEING BULLIED** in a calm manner and report the incident to a trusted adult/teacher immediately

### OTHER IMPORTANT RESOURCES:

NSW Department of Education Anti-Bullying Policy - [Bullying of Students - Prevention and Response Policy \(nsw.gov.au\)](https://www.nsw.gov.au/anti-bullying-policy)

Anti-Bullying NSW - [Anti-bullying \(nsw.gov.au\)](https://www.nsw.gov.au/anti-bullying)

Bullying – No Way! - [Bullying No Way](https://www.bullyingno.com.au/)

Head Space - [headspace National Youth Mental Health Foundation](https://www.headspace.org.au/)

Kids Helpline - [Kids Helpline | Phone Counselling Service | 1800 55 1800](https://www.kidshelpline.com.au/)

*Teachers Teach. Students Learn. Be Kind.*