

WHAT IF I AM A WITNESS OR BYSTANDER?

- Bullying and harassment is everyone's business – **REPORT IT**
- Being a witness makes it your business to help – **DON'T SUPPORT IT**
- Telling or reporting bullying is not dobbing, it is caring and protecting yourself and others – **A RIGHT TO FEEL SAFE**
- Step up for someone else – **THEY'RE NOT SO TOUGH WHEN WE STICK TOGETHER**

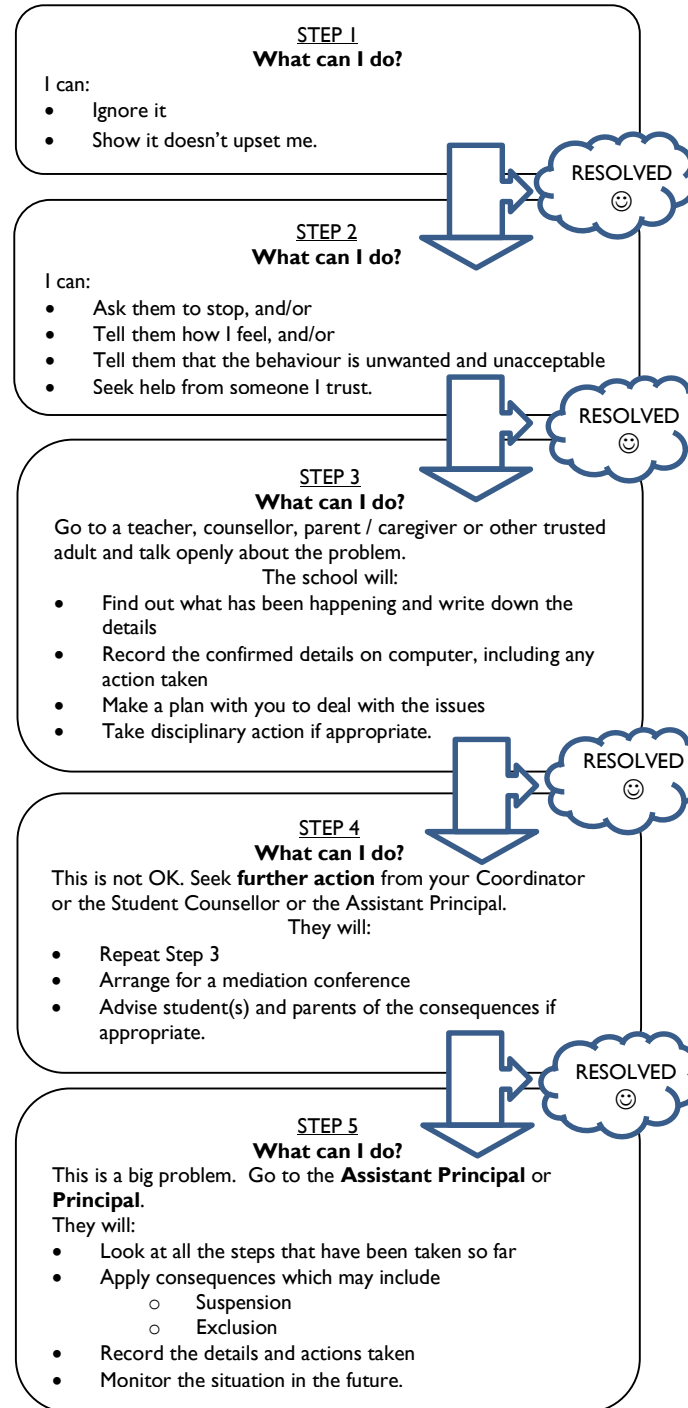


FOR FURTHER INFORMATION

- Download this brochure from the schools website: <http://www.mtbhs.sa.edu.au>
- Contact the school (08) 8391 1599
- Visit these websites:
 - www.bullyingnoway.com.au
 - www.kidshelpline.com.au
 - www.reachout.com.au
 - www.headspace.org.au
 - www.racismnoway.com.au
- Access DECD advice by logging on to:
 - www.decd.sa.edu.au



WHAT STEPS CAN I TAKE?



MOUNT BARKER
HIGH SCHOOL
Not for ourselves alone

**MOUNT BARKER HIGH SCHOOL HAS
ZERO-TOLERANCE
OF BULLYING AND HARASSMENT**

**“EVERYONE'S HEALTH AND
WELLBEING IS VALUED”**

**“WE ALL HAVE THE RIGHT
TO FEEL SAFE”**



BULLYING & HARASSMENT

What is it?

Harassment is when a person or persons hurt or threaten someone in their peer group. Anyone can be a bully (a person who harasses someone), and harassment can be carried out in different ways. It can be:

Physical	Fighting, pushing, shoving, hitting, spitting, invasion of personal space, or any other unwelcome act
Verbal	Name calling, teasing, offensive language, spreading rumours, putting people down, degrading comments about culture, race, physical appearance, gender, religion or social background
Gestures	Offensive signs, notes or material, graffiti or damaging property
Telephone	Repeated calls/text messages to home or mobiles
Cyberbullying	Sending mean messages via email, Posting hurtful messages on social networks or web pages, Posting embarrassing photo's or rumours, Sexting, Creating a fake online persona to bully others
Extortion	Standover tactics and threats that result in giving up possessions
Exclusion	Being left out of activities on purpose.

Those who harass may choose to pick on peers who are smaller or younger than they are, or who are from a different race or culture, or they may pick on someone who is different in some other way. Harassment might happen once or over and over again. In all cases it is unwanted and harmful to a persons wellbeing.

THE SCHOOL'S COMMITMENT

Under the DECD School Discipline Policy Mount Barker High School has a firm commitment to take action when students:

- Threaten the safety and wellbeing of others
- Interfere with the rights of others
- Perpetrate acts of violence; threatened or actual.

Mount Barker High School considers bullying and harassment as acts that:

- Cause emotional and / or physical harm; either directly or indirectly
- Place a person in reasonable fear of harm, or damage to property
- Place a person in a hostile environment
- Infringe on the rights of others
- Disrupt the educational process.

Mount Barker High School does not want its students to:

- Feel angry, sad, lonely, or depressed
- Feel like they have no friends
- Find that they are getting into fights
- Want to hurt someone else or themselves
- Feel hopeless that anything can be done
- Be afraid to go to school, or feel anxious all the time
- Feel bad about themselves.

(All of these are consequences of bullying)

Important points to remember:

- Bullying and harassment is wrong and may be against the law
- Bullying and harassment can occur anytime, anywhere by anyone
- Acknowledging harassment and bullying is the first step to stamping it out
- Bullying and harassment are bad for your health, and can affect your wellbeing
- You will be listened to.

WHAT CAN I DO?

REMEMBER!

"We all have a right to be safe."

There is no one right way to respond to a bully. It is not your fault if a bully continues to pick on you. Do the best you can to cope with bullying while it is happening and get support from adults to help you stay safe and support you emotionally.

Our school policy states:

1. You have the right to be treated as a worthwhile, important individual
2. You have the right to come to school feeling happy, safe and secure
3. People who harass people are stopping them getting as much out of school as they should.

Should you feel harassed/Bullied:

- Stay in a group : safety in numbers
- Ask them to stop (If you feel comfortable doing so)
- Ignore the bully and walk away
- Try not to react : this is often what they want you to do
- Where possible, avoid the bully, the situation or the location (i.e. Facebook)
- Make sure that you keep talking to someone about what is happening
- Follow your grievance procedures
- Don't ignore it again and again thinking it will go away.

