What is Bullying?

Bullying is a form of abuse. It may be planned, spontaneous or even unintentional, but if you feel hurt or threatened by someone or by a group, don’t ignore it, tell somebody!

Telling somebody is not ‘dobbing’ it is REPORTING ABUSE AND STAYING SAFE!

Grow with confidence at LJBC
Bullying may include:

- **Verbal abuse** including name calling, racist remarks, teasing, etc.
- **Physical acts** including pushing, hitting, punching, hair pulling, scratching, spitting, etc.
- **Social exclusion** including ostracism, ignoring, alienating, etc.
- **Psychological abuse** including acts that instil a sense of fear or anxiety.
- **Gestural abuse** such as threatening or obscene gestures, staring, deliberately turning away to ignore someone.
- **Sexual harassment** such as inappropriate touching, inappropriate sexual references, sexist comments etc.
- **Cyber abuse**, including the inappropriate use of SMS, electronic mail, mobile phone calls, social networking sites and other electronic means to harass or intimidate others on College campus or with College computers.

“It was only a joke...” is not an acceptable excuse when a person was upset by it.

Bullying may feel like:
- angry
- unsafe
- alone
- annoyed
- embarrassed
- not respected
- unhappy
- hurt
- different
- unfairly treated
- humiliated
- threatened
- not wanted
- disappointed

Bullying may sound like:
- put downs
- yelling
- bad language
- rumours
- fighting
- name calling
- degrading comments
- teasing

Bullying may look like:
- hitting
- punching
- chasing
- pushing
- spitting
- scratching
- ignoring
- excluding
- damaging property
- crude notes
- crude drawings
- daring
- bribing
- manipulating
- stalking
What Should I Do If I’m Being Bullied?

- Remain calm and try not to react.
- Never verbally or physically retaliate!
- Leave the area.
- Avoid high-risk places and times.
- Talk about it with an older friend or someone in your family.
- Tell the person bullying you, in a clear voice, to stop.
- Make a report that will advise a staff member of the trouble spot, the name of a bully or a victim, and email: <ReportBullying@ljbc.wa.edu.au>.
- Report the bullying to a staff member (eg, Connect Teacher, Head of House, Class Teacher, Chaplain). The staff member will discuss possible courses of action and generally will not discuss the issue with the bully without discussing it with you and your parents'/guardians first.
- Lodge a formal complaint with your Head of House.

Bullying
“We don’t do that here!”

If you observe a bullying incident, or someone tells you that they have been bullied, do your best to help the person. Reassure the person that it is the bully who has the problem, not them.

If you directly observe the bullying and you feel that you have the power to intervene, do so without placing yourself at risk, or being abusive yourself.

If the bully does not stop, immediately seek the help of a College Staff member.

Encourage the person who was bullied to go with you to see someone about the bullying. The College would prefer that this was a College Staff member, but talking to an older friend, a parent or family member is a good start.
Parents/Guardians

If your child discloses that they have been bullied, support them by reassuring them that they do not deserve that type of treatment and it is the bully who has issues for which they need help.

It is very important that you contact a Head of House or a Connect teacher regarding the situation as soon as possible, as in most instances action will only be taken against a perpetrator with the permission of either the victim or the victim’s parents.

It is not advisable that a parent contact the parent/guardian of a perpetrator as this often results in extending the conflict to a family level.

The College does not tolerate bullying. Any child who exhibits a pattern of bullying another student may have their enrolment status reviewed.

Taking Action

When a student who has reported that they have been bullied agrees, together with their parent/guardian, to intervention from College staff, the complaint will be discussed with the student(s) involved and their parent/guardian. Substantiated complaints of bullying will result in disciplinary action being applied to those who have bullied others. The student(s) may be required to attend counselling sessions with a counsellor assigned to them by the College.

ReportBullying@ljbc.wa.edu.au

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The LJBC No Bullying flyer can be viewed on the College website. www.ljbc.wa.edu.au

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