

# Anti-Bullying *Statement*

## CONTEXT

Our Mission Statement affirms that St Joseph's College, Gregory Terrace strives to seek excellence in learning, while instilling a spirit of service and Catholic values. The operating principles of this statement calls those in the Terrace Family to challenge those values which erode the dignity of the person. As such, we believe that bullying in any form has no place in such an environment.

Students are entitled to enjoy their education free from humiliation, oppression and abuse. Bullying affects everyone – not just the bullies and their victims. It also affects those other boys who may witness violence, intimidation and the distress of the victim. It can damage the atmosphere of the class and even the climate of a school.

Bullying goes against the very grain of what makes Terrace special – a friendly, family environment. Intimidation and violence have no place in our community and will not be accepted under any circumstances.

At St Joseph's College, students, parents and staff have the expectation that everyone is treated with respect and dignity.

## WHAT IS BULLYING?

Bullying is usually a repeated attack on, or harassment of, another person or group of people. It could be physical, verbal or psychological. Bullying can even occur unintentionally, if we are insensitive to the feelings and safety of others. "It was only a joke" or "he doesn't mind" or "he's a friend of mine" are never acceptable excuses for bullying behaviour.

## Examples of Bullying:

- Physical bullying, such as punching, pushing, shoving, damaging or destroying other people's property.
- Verbal bullying, such as offensive or abusive comments, sarcasm, ridiculing appearance, (sledging and pay outs), verbal intimidation.
- Social bullying, such as exclusion (rejection from groups), spreading rumours, racial or sexual comments, graffiti or notes about others.
- Psychological bullying, such as victimisation, instilling fear in others, extortion, stalking.

- Cyber bullying, such as obscene or threatening phone calls, texting and emails or internet posting about people.
- Image-based abuse, such as when intimate, nude or sexual images are distributed without the consent of those pictured. This includes real, altered (e.g. Photo shopped) and drawn pictures and videos. Image-based abuse also includes threatening to send nude pictures of someone unless some demand is met by the victim.

## Examples of What is NOT Bullying:

- Mutual arguments and disagreements
- Single episodes of social rejection or dislike
- Single-episode acts of nastiness or spite
- Random acts of aggression or intimidation
- A student deciding he doesn't want to be friends

## OBSERVERS OF BULLYING CAN DO SOMETHING ABOUT IT BY:

- Telling the person acting like a bully to stop
- Talking to a teacher
- Not watching or joining in
- Calming the situation
- Trying to comfort and/or include the person who's been targeted
- Reporting it through the Bullying Box on the College website.

At Terrace, every report of bullying will be investigated and responded to in an appropriate manner. Students who are being bullied should speak to their House Dean.

## WHAT STUDENTS BEING BULLIED SHOULD DO:

Students being bullied can take action by:

- Telling the person to stop
- Using neutral language to respond to the bullying, like 'maybe' or 'that's what you think'
- Walking away
- Trying to act unimpressed
- Talking to your friends and ask for support
- Talking to your parents
- Talking to a teacher
- Using the Bullying Box on the College website.

## If cyberbullied:

- Don't respond to the message or image
- Save the evidence
- Block and delete the sender
- Report the situation to the website or Internet service provider
- Tell trusted people—friends, adults, teachers, parents

Doing nothing will accomplish nothing. Reporting bullying is not 'dobbing'. It's standing up for yourself the right way.

## WHAT PARENTS CAN DO:

- Talk  
Start a conversation about being bullied. But don't make it intense it might deter them from talking.
- Listen  
Hear the whole story without interrupting. Ask what they want to happen before any suggestions are made.
- Explain  
It's normal to feel hurt. It's never OK to be bullied, and it's NOT their fault.
- Find out what is happening
- Ask what, when and where the behaviours occurred, who was involved, how often and if anybody else saw it.
- Contact the College
  - a) Make an appointment to speak to your child's teacher or House Dean.
  - b) Use the Bullying Box on the College website.
- Be calm and give sensible advice
  - a) Don't advise your child to fight back.
  - b) Don't explain that the child doing the bullying did not mean it—they may have.
  - c) Don't tell them it will go away—it probably won't.
  - d) Don't let your child stay away from school—it won't solve the problem.
- Do help your child work out some things to do - practise some useful strategies.

## WHAT TERRACE DOES:

- Responds appropriately to every report of bullying.
- Surveys each year on the incidence of bullying—data collected from students, staff and parents.
- Through the curriculum, examines aspects of bullying.
- Inclusion of anti-bullying sessions in the College's Student Formation curriculum.
- Presentation at year level assemblies.
- Visual advertising around the College.
- Encourages positive peer group pressure.
- Explains these anti-bullying expectations during Student Formation classes, year level assemblies and publications to parents.
- Encourages peer support and bystanders support.
- Teacher observation of students in and out of classes.
- Ongoing professional development of staff
- Provides a supportive environment for students that develops pro-social skills and rewards positive behaviour.
- Provides counselling support for those affected by bullying.

## SUPPORTING MATERIALS

**The Alannah and Madeline Foundation**  
[amf.org.au](http://amf.org.au)

**Kids' Helpline**  
[kidshelp.com.au](http://kidshelp.com.au)

**National Centre Against Bullying**  
[ncab.org.au](http://ncab.org.au)

**Cybersafety Help**  
[cybersmart.gov.au/report.aspx](http://cybersmart.gov.au/report.aspx)

**Australian Federal Police**  
[afp.gov.au](http://afp.gov.au)

**Bullying. No Way!**  
[bullyingnoway.com.au](http://bullyingnoway.com.au)

**Reach Out**  
[au.reachout.com](http://au.reachout.com)

**Beyondblue**  
[beyondblue.com.au](http://beyondblue.com.au)