



PALMER PRIMARY SCHOOL

Small School, Enormous Opportunities



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Government of South Australia

Department for Education

Anti-Bullying Policy – June 2025

At Palmer Primary School, all members of our community are committed to ensuring a safe and supportive environment which promotes personal growth and fosters positive self-esteem for everyone.

We strive to maintain a setting in which everyone feels valued and respected and where individual differences are appreciated, understood and accepted.

Within this context we do not tolerate bullying or harassment in any form.

A definition of bullying

Bullying is defined here as a physical and / or psychological action by an individual or group which is purposely intended to hurt or stress another. Bullying is seen as deliberate and can occur over a period of time.

It includes:

Direct bullying:

Physical:

- ☐ Hitting, kicking, punching, pushing, shoving, spitting, making rude gestures
- ☐ Taking or damaging something that belongs to someone else
- ☐ Forcing others to hand over food, money or something which belongs to them, making somebody do something they don't want to do.

Verbal:

- ☐ Name calling, teasing, threatening
- ☐ Making fun of someone because of their appearance, physical characteristics or cultural background
- ☐ Making fun of someone's actions

Indirect bullying:

- ☐ Spreading untrue stories about others
- ☐ Hiding books or belongings
- ☐ Threatening gestures e.g. "looks"
- ☐ Graffiti
- ☐ Put downs
- ☐ Unwanted physical contact

Cyber bullying:

- ☐ Teasing, spreading rumours or sending unwanted messages using electronic methods such as
- ☐ email
- ☐ social network sites
- ☐ Instant messaging
- ☐ SMS

Being responsible

Excellence

Always trying

Respect

What can be done about bullying?

All members of our school community can help prevent bullying behaviour. This includes:

- ☐ abstaining personally from bullying others
- ☐ actively discouraging bullying when it occurs
- ☐ giving support to those who are victimised

Responsibilities of Staff

- ☐ Be a positive role model.
- ☐ Teach students the skills and strategies for bullying prevention
- ☐ Be available and ready to listen and respond to reports of bullying
- ☐ Treat information seriously.
- ☐ Ensure follow-up by reviewing the situation.
- ☐ Empower students to take responsibility for themselves and their actions
- ☐ Support others in dealing with incidents of bullying.

Responsibilities of Students

- ☐ Make others feel happy and safe.
- ☐ Help the person being bullied
- ☐ Don't stand there and watch – get help.
- ☐ Show that you and your friends do not like bullying.
- ☐ Report bullying whether it happens to you or not.
- ☐ Respect and value other students, staff and members of the school community.
- ☐ Not take part in bullying behaviours towards other students and staff.
- ☐ Be compassionate, empathetic and understand the effects of racism, sexual harassment and bullying on individuals and groups in our society.
- ☐ Develop appropriate skills and behaviours in communicating and working effectively with people from a variety of backgrounds.
- ☐ Take responsibility for their own behaviours – tell the person or people to STOP the harassment or bullying.
- ☐ Talk to parents/caregivers or a trusted adult.

Responsibilities of parents & caregivers

- ☐ Remind your children that they are highly valued and assist them in maintaining a positive self worth.
- ☐ Discuss positive strategies rather than getting even.
- ☐ Advise your child to tell a trusted adult.
- ☐ Watch for signs of distress and behavioural changes in their child:
 - Unwillingness to attend school
 - A pattern of headaches or stomach aches
 - Personal items or equipment that have gone missing
 - Damaged clothing or bruising
- ☐ Model appropriate behaviours at all times
- ☐ Inform the school if a bullying incident occurs within school time or the police if it occurs out of school.
- ☐ Be available and ready to listen to reports of bullying

What we do about incidents of bullying

- ☐ We will listen and talk to the person who has been bullied and the person who has bullied others.
- ☐ We will put consequences in place for the person who has been bullying others.

These may include a warning, time out, exclusion from play / special events/ excursions, being sent home, a meeting with parents, suspension or exclusion from school.

What we do at Palmer Primary School to reduce bullying

If an incident of bullying happens at Palmer Primary School we use **prevention, intervention** and **post-intervention** strategies.

Prevention strategies include:

- ☐ using the curriculum to teach students about respectful relationships, civics and citizenship
- ☐ Wonders of wellbeing program to promote healthy relationships with self and others.
- ☐ developing programs to help students participate and have a say in their learning
- ☐ teaching students about violence prevention, conflict resolution, anger management and problem-solving strategies
- ☐ develop policies which promote student safety
- ☐ teaching for and about diversity
- ☐ providing professional learning for staff in collaboration with local agencies.

Intervention strategies include:

- ☐ counselling students who have been bullied
- ☐ talking with parents or caregivers about the situation
- ☐ putting consequences in place for those who bully others
- ☐ teaching students to be better bystanders
- ☐ ensuring that all staff know how to address bullying effectively and respectfully

Post-intervention strategies include:

- ☐ monitoring the situation between the students to ensure that their safety and wellbeing are maintained
- ☐ talking with parents or caregivers about strategies
- ☐ reviewing and evaluating behaviour codes and policies.

At Palmer Primary School we believe that:

Bullying is everyone's business!

So we are working together to create learning environments where every student and school community member is safe, supported, respected, valued – and are free from bullying, violence, harassment and discrimination. We will review our Anti- Bullying Policy and Procedures annually to ensure we maintain a proactive stance to bullying.

If you would like further information about bullying, please contact us at Palmer Primary School on:

Telephone: 08 8569 4050

Or contact us via our Facebook group – Palmer Primary School Community Group