



# CBPS POSITIVE BEHAVIOUR SUPPORT

## PARENT INFORMATION

### IS IT FAIR? | IT IS KIND? | IS IT SAFE?

#### RESPECT

#### RESPONSIBILITY

#### RESILIENCE

Positive behaviour support is at the heart of our whole school approach to behaviour management. At City Beach Primary School, we base our practices on developing positive relationships with all students and the use of low-key informal responses. These practices are preferred as they acknowledge that all students may need support to make positive choices and decisions at different times.

Teachers address individual situations using a conflict resolution framework and ask is the behaviour:

RUDE?

CONFLICT?

MEAN?

BULLYING?

A copy of our Positive Behaviour Support Plan which includes a responding to bullying section, can be accessed via our website:



#### WHAT'S BULLYING?

**Bullying is hurtful, aggressive and repeated behaviour that aims to embarrass, threaten or intimidate another person.**

Bullying can be carried out by an individual or group towards one or more persons and is a complex social problem which can occur in schools. Researchers agree that there are five key features of bullying behaviour:

1. The person (or people) who engage in bullying behaviour intend to inflict harm or fear upon the target.
2. Aggression towards the target occurs repeatedly.
3. The targeted child doesn't provoke bullying behaviour by using verbal or physical aggression.
4. Bullying tends to occur in familiar social groups.
5. The person engaging in the bullying behaviour is usually more powerful (either in reality or perception) than the person they're targeting. This power may be, for example, social, physical or age-related



#### WHAT BULLYING ISN'T

Behaviours that don't constitute bullying include:

1. Mutual arguments and disagreements where there's no power imbalance.
2. Not liking someone or a single act of social rejection.
3. One-off acts of meanness.
4. Isolated incidents of aggression, intimidation or violence.

#### THERE ARE SEVERAL DIFFERENT TYPES OF BULLYING BEHAVIOUR

**FACE-TO-FACE (OR DIRECT) BULLYING** may include damaging a person's belongings, kicking, hitting and punching, or verbal actions such as making threats, name-calling and insults. Face-to-face bullying is usually more easily witnessed.

**COVERT BULLYING** is more subtle – it's typically non-physical and occurs out of sight of others. Covert bullying can include hand gestures, threatening looks, whispering, excluding, blackmailing, spreading rumours, threatening and trying to socially isolate someone. Other covert bullying behaviours may include trying to damage social relationships, playing nasty practical jokes, telling others' private information, criticising clothes and personalities, sending mocking or abusive notes, or intentional ignoring.

**Cyberbullying, or online bullying**, occurs via technologies such as email, social media, text messages, or instant messaging. Cyberbullying differs from offline bullying in that the perpetrators can more easily remain anonymous, the nasty content can reach a larger audience, and material can be difficult to remove.



More than three-quarters of students who were bullied online were also bullied offline.

## WHAT ARE WE DOING?

### AT CITY BEACH PRIMARY SCHOOL:

- Positive behaviour is valued, recognised and rewarded.
- Bullying guidelines are clearly articulated to staff, students and parents.
- Staff provide careful supervision.
- Teachers deliver the *You Can Do It Program Achieve* to support the development of positive social and emotional skills in classrooms.
- Hold meetings focused on supporting behaviour changes not punishment, to discuss problem solving approaches.
- Teach self-protective strategies – ignoring verbal put downs, enlisting support, learning assertive responses, saying “no” and walking away, helping others being bullied.
- Teach bystander students to how to challenge bullying.
- Support is provided to staff, students and parents by the leadership team, learning support team and our school psychologist.

### IF BULLYING OCCURS WE:

- Protect the bullied child from further harm.
- Use a problem solving approach such as: The Method of Shared Concern (Pikas) or The No Blame Approach.
- Record details of the incident and agreed action.
- Speak to class/groups of students eg. small group meetings, circle time, discussion box.
- Work with bullied child and their parents to assist child to avoid being bullied in the future. Keep them informed about progress.
- Inform the parents of the child displaying bullying behaviours and work with them and their child to establish joint strategies for changing behaviour.

## TIPS FOR KIDS

### IF YOU ARE BEING BULLIED:

- Try to ignore the bullying or pretend not to hear the comments. If you show you are not upset the bully may stop.
- Try not to retaliate by becoming a physical or verbal bully yourself.
- Walk away quickly and confidently.
- Agree with the bully’s comments or turn the comments into a joke.
- Tell the bully to stop. Say “please don’t say those things” or “Stop! I don’t like it”.
- Ask for help from friends.
- Ask for help from a teacher or parent.

### IF YOU SEE SOMEONE BEING BULLIED | BYSTANDER

- Ask if they are OK?
- Care enough to do something about it, whether it affects you personally or not.
- Tell the person doing the bullying that what they are doing is wrong.
- Support the person being bullied, for example ask them to join your group.
- Ask for help from a teacher or parent.



*We can't do anything about bullying if we don't know it's happening!*

## Useful Websites

During our review we used some fabulous resources from the following websites that also have great information for families:

<http://citybeachps.wa.edu.au/>

<https://bullyingnoway.gov.au/>

<https://www.esafety.gov.au/key-issues/cyberbullying>

<https://www.ySAFE.com.au/>

## TIPS FOR PARENTS

### AS PARENTS AND CAREGIVERS WHAT CAN YOU DO?

#### SET AN EXAMPLE:

- Be firm in setting behaviour limits
- Be positive in things you say and do
- Show acceptance and tolerance of differences in others.
- Never act as a bully or a victim.

#### BE ALERT FOR SIGNS OF DISTRESS:

- Unwillingness to attend school.
- A drop off in academic performance.
- Damaged clothing and frequent loss of personal property.
- Unexplained injuries.
- Loss of confidence and uncharacteristic mood changes.
- Aggression towards siblings.
- Withdrawal from social activities, especially with peers.
- Nail biting, bed wetting, tiredness.

### IF YOUR CHILD IS BEING BULLIED:

- Listen.
- Work out the facts.
- Give reassurance that the situation can be improved.
- Make sure they understand that bullying is not OK and that they have the right to feel safe and happy.
- Talk to the teacher/school to develop a plan
- Do not make a direct approach to other parents or children – this just inflames the situation and often makes matters worse.
- Support school decisions at home and keep in contact with the school.



As educators in partnership with parents, we want our students to grow up to be happy, successful and kind adults. Staff, students and parents share the responsibility for a safe and supportive learning environment free from bullying. Explicit teaching of social skills builds a school culture that develops students who uphold the City Beach Primary School values:

**RESPECT | RESPONSIBILITY | RESILIENCE**