



Student Bullying Policy

Mission Statement

To achieve our mission at St Therese's we aim:

- To nourish Christian values as a Catholic Community;
- To recognize and develop each person's sense of self worth;
- To foster a genuine concern for others in the wider community and in the world in which we live; each child's sense of self worth;
- To foster a genuine concern for others and the world in which we live;
- To plan, organize and celebrate as a Eucharistic community;
- To have the "faith and Courage" to speak and act with responsible self discipline;
- To challenge and encourage our students to achieve their personal best in all endeavors;
- To provide a friendly, stimulating, happy and secure environment where each child, teacher and adult is valued;
- To welcome, respect and value people in all faiths and cultures;
- To recognize the wide range of skills and talents of our community and to allow these gifts to be "shared" with others;
- To provide a caring community here little things matter.

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1. Purpose

St. Therese's Catholic School aims to actively promote and maintain a safe, respectful and orderly learning environment for all students and staff. This policy aims to ensure that St. Therese's Catholic School students and staff feel safe and respected while they are a member of the of St. Therese's Catholic School Community.

2. WHAT CAN YOU DO IF YOU ARE BULLIED?

St Therese's Catholic School is committed to providing a safe and secure environment for its students. In order to achieve this end, the School will regularly review its anti-bullying policies and procedures.

St Therese's Catholic School is committed to providing a safe and happy learning environment. Therefore, the School needs to know if there are any bullying behaviours that are undermining this goal.

If you are being bullied, you are encouraged to do the RITE thing:

R = Recognise

you have the right to feel safe and to operate in an environment free of bullying.

I = Inform

the bullies that you want them to stop. Do this in a polite but firm way.

T = Tell

a responsible adult about the bullying.

E = Evaluate

the situation. If it does not improve, seek further help.

When bullied, try not to get angry or show that you are angry. If your anger is obvious, the bully has the satisfaction of knowing that they have controlled your emotions.

Admit to imperfections. It can send positive messages about you having a realistic understanding of yourself.

- Use non-offensive humour. Bullying can be blunted by a good laugh. The capacity to laugh at yourself can create a bonding with a group that might otherwise remain hostile.
- Review your own behaviours and body language. If you look like a victim you can become a victim. Squared shoulders and a smile can do much to deter a bully.
- Avoid trouble spots. There are always places that are high-risk areas for bullying. Avoid them.
- Surround yourself with good friends. Those with strong friendships are usually less of a target for bullies.
- If bullied, try not to retaliate for this can often inflame the situation.

- If you are being bullied, remind yourself that it is the bully who has the problem, not you. Try to think through what inadequacies the bully might have that causes them to behave this way. Understanding a bully is a great way to begin to solve the problem.

3. DON'T BE A VICTIM!

It can take courage to challenge the bully, to expose them for who they are and to play a part in improving our community by eliminating Bullying Behaviour.

Victims can attract bullying behaviour. This is not to excuse bullying or condone it in any way. It is to suggest that victims can sometimes reduce their chances of being a target if they:

- Maintain good self-esteem.
- Work on fitting in, getting involved and making a rich contribution to the school.
- Model kindness, thoughtfulness and respect.
- Develop an ability to deal with: - Failure and success - Threats and fear - Rejection and disappointment - Anger and hurt

Having noted the above, it is vital that anyone who is a victim of bullying recognise that they have been wronged. They must report the matter and not suffer in silence.