Newman Senior High School has developed preventative whole school structures and strategies to eliminate harassment and intimidation within the school.

What are we doing?
When considering the whole school prevention strategies, the components that contribute to the greatest reduction in bullying are:

- Increasing awareness of bullying in the school community
- Having a whole school plan that addresses bullying
- Promoting a positive school ethos that encourages open communication.
- Consistently using behaviour management methods that encourage empathy, problem solving and positive action.
- Mobilising the peer group to respond effectively to bullying behaviour and to support students who have been bullied.
- Addressing bullying and social skill development within the curriculum and
- Enhancing the playground environment and supervision.

What is bullying?
Definition of Bullying
Bullying is when an individual or group misuses power to target another individual or group to intentionally threaten or harm them on more than one occasion. This may involve verbal, physical, relational and psychological forms of bullying.

Students, staff, parents, caregivers and the wider community have the right to a safe supportive learning environment in schools. For this to occur, all school community members have a responsibility to prevent and respond to reports and observations of bullying.
Types of Bullying

- **Verbal Bullying:** The repeated use of words to hurt or humiliate another individual or group. Verbal bullying includes using put-downs, insulting language, name-calling, swearing, nasty notes and homophobic, racist or sexist comments.

- **Psychological Bullying:** Includes repeated stalking, threats, unwanted email or text messaging, abusive websites, threatening gestures, manipulation, emotional blackmail and threats to an individual's reputation and sense of safety.

- **Relational Bullying:** Usually involves repeatedly ostracising others by leaving them out or convincing others to exclude or reject another individual or group from their social connections, making up or spreading rumours and sharing or threatening to share another's personal information.

- **Physical Bullying:** Includes repeated low level hitting, kicking, pinching, pushing, tripping, “ganging up”, unwanted physical or sexual touching and damage to personal property.

- **Cyber Bullying:** Involves the use of information and communication technologies such as email, text messages, instant messaging and websites to engage in the bullying of other individuals or groups. This technology provides an alternative means for verbal, relational and psychological forms of bullying.

- **Bystanders to Bullying:** Bullying also involves the concept of “bystanders”. A bystander may be someone who sees bullying or knows about it but he or she is not usually directly involved. Everyone at the school can have a role in supporting those who are being bullied. All members of the whole school community at Newman Senior High School need to be aware of their role in supporting those who are being bullied and their responsibility to discourage bullying behaviours when they observe them. Any member of the school community can be a bystander and can act successfully to prevent or stop bullying. Sometimes it is difficult to act at the time of the bullying incident but reporting bullying behaviour is also important. Bystanders are encouraged to report to someone who can help such as a member of the school staff.

For further information, please see the following websites:

**How can you help?**

If your child is experiencing any bullying, intimidation or harassment at Newman Senior High School, please have your child speak to any member of staff, their specific Year Coordinator or contact the Student Services Manager on 9175 8100.