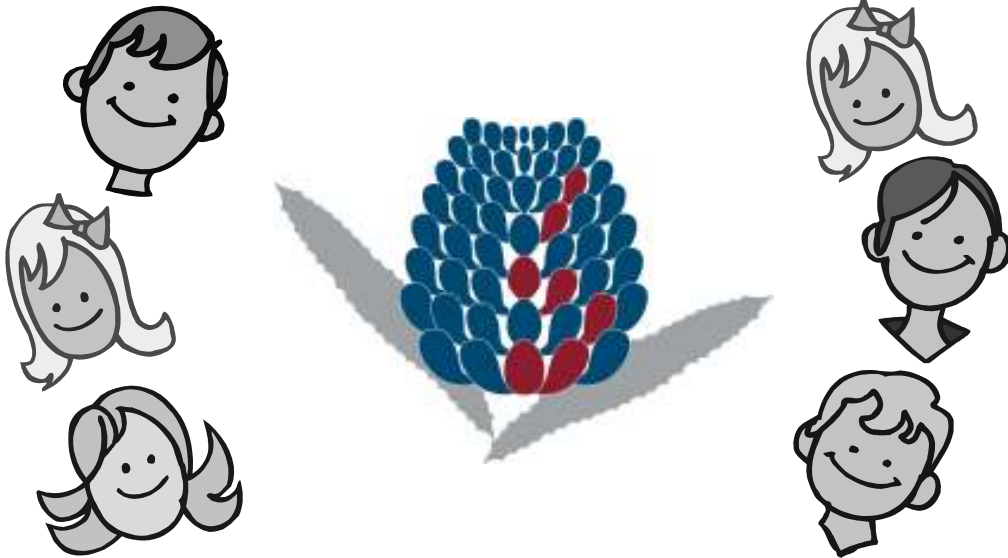# WEST GREENWOOD PRIMARY SCHOOL

is a

BULLY FREE ZONE

Remember:

We all have the right to feel safe

and

It's important to do something about bullying!

WHAT IS BULLYING?

Bullying is a deliberate, ongoing action intended to hurt, threaten or embarrass someone.

Some examples are when a person or group -

- Hits, kicks, punches, pinches others
- Makes rude gestures
- Takes or damages something which belongs to someone else
- Forces others to hand over food, money or something else which belongs to them
- Makes someone do something they don't want to do
- Calls others by hurtful names
- Teases others
- Makes fun of someone else
- Excludes others from games or groups
- Spreads untrue stories about others

Sometimes kids who are bullied can feel awful about what's happening and don't know what to do. Other kids may worry about being bullied and might feel unsafe at school if they see others being bullied.

DOB = Don't Obey Bullies
It's important to tell someone if you are being bullied or you see someone being bullied.

IF YOU ARE BEING BULLIED -

You can control what happens by:

- Staying calm
- Speaking firmly and asking the bully to stop
- Ignoring whoever is bullying you and telling another person
- Going to a safe place
- Playing near a grown up
- Playing around with other kids

> It's important to tell someone if you or your friends are being bullied.

You could tell:

- A teacher
- Another student
- A Peer Mediator
- A Student Councillor
- Grown ups at home

You could talk about:

- What's happening to you
- How you are feeling
- Some other ideas about what you could do to feel safe

Have a look at these websites for more information:
http://www.bullyingnoway.gov.au/
http://www.cyh.com/
http://cybersmart.gov.au/

Remember.......

No one deserves to be bullied.

and

It's important to do something about bullying!

Sometimes kids bully other kids to try to make themselves feel:

- Strong
- Cool
- Tough
- Noticed
- Grown up

Let's keep West Greenwood a BULLY FREE ZONE