



THOMAS HASSALL
ANGLICAN COLLEGE

BULLYING

FACT SHEET FOR PARENTS & CARERS

Thomas Hassall Anglican College is committed to the safety and wellbeing of all students and creating a caring and supportive culture that promotes positive relationships. Bullying is not tolerated within the College.

When a concern about bullying is raised we work closely with the students involved and their parents to ensure that we act fairly and focus on helping students grow and learn whilst ensuring all students at the College are safe.

WHAT IS BULLYING

- It is an **intentional** misuse of **power**
- It is **ongoing** and repeated
- It involves behaviour that can cause **harm**

BULLYING BEHAVIOUR IS NOT...

- Children not getting along well
- A breakdown of a friendship
- A situation of mutual conflict, where there is disagreement between students but not an imbalance of power
- Single episodes of nastiness or meanness
- Random acts of aggression, cruelty or intimidation, including one-off incidents of loss of temper, shouting or swearing
- Isolated incidents of conflict separated by many months or years do not constitute a pattern of bullying behaviour



Students will sometimes say or do hurtful things. It is important for the College to address this behaviour, but it is incorrect to label all poor behaviour as bullying.

TYPES OF BULLYING

PHYSICAL



Can involve physical actions such as hitting, pushing, obstructing or using one's physical presence, or physical bodily acts, to hurt or intimidate someone or threaten violence. Damaging, stealing or hiding personal belongings is also a form of physical bullying.

SOCIAL



Can include deliberate acts of exclusion, spreading rumours or sharing information to have a harmful effect on the other person and/or damaging a person's social reputation or social acceptance (sometimes called relational or emotional bullying).

CYBER



May include abusive texts and emails; hurtful messages, images or videos; imitating others online; excluding others online; humiliating others online; spreading nasty online gossip and chat; creating fake accounts or 'avatars' to trick someone or humiliate them.

VERBAL/WRITTEN

can include name-calling or insulting someone about an attribute, quality or personal characteristic.



WHAT CAN I DO TO SUPPORT MY CHILD WHO MAY HAVE EXPERIENCED BULLYING?

Talk to your child about their right to feel safe, how to recognise if they feel unsafe and what to do if they experience or witness bullying.

LISTEN

Children sometimes find it hard to tell adults about bullying because they feel embarrassed or ashamed. Stay calm and allow your child to talk. Be careful not to become too emotional or angry.

DISCOVER

Write down dates, times, places, words and actions. Bullying behaviour usually follows patterns.

VALIDATE

Tell your child you believe them. Give your child time to understand and express their thoughts and feelings with you. Help your child understand the importance of telling the College.

NOTIFY

Contact the College. The College has procedures of what to do when bullying is reported.

STRATEGIES

Teach your child active coping skills. Practice scenarios at home where your child learns how to deal with bullying behaviour.

SUPPORT NETWORKS

Help build your child's support network, inside and outside College. Encourage and build their positive friendship groups.

SELF-CONFIDENCE

Help build your child's self-confidence. Provide love and encouragement and let them know they will get through this. Remind your child of all the things you think are great about them.

SIGNS THAT YOUR CHILD MIGHT BE BEING BULLIED

- Unexplained bruises, cuts or scratches
- Appearing lonely or distressed
- Crying at night, having nightmares or feeling sick in the mornings
- Refusing to talk when asked "What's wrong?"
- Becoming withdrawn or lacking confidence
- An unwillingness or refusal to go to school or other social events
- Unexpected changes in friendship groups
- Decline in quality of school work
- Self-harm
- Beginning to display bullying behaviour towards siblings
- Acting unreasonably

WHAT SHOULD I DO IF I THINK MY CHILD HAS BULLIED SOMEONE?

It can be upsetting to think that your child may have bullied others. Children who use bullying behaviours need support to learn better ways of relating to others. Stay calm and contact the College about the situation. Together with your child and the College you can learn and address the behaviour.

- Explain why bullying is unacceptable
- Discuss with your child why they might be behaving this way
- Discuss the behaviour with the College
- Make clear rules and consequences for your child's behaviour

HOW TO GET HELP

Contact the College and ask to speak to the relevant Director of Wellbeing or Deputy Principal (Junior or Senior)

JUNIOR SCHOOL

Director of Wellbeing | Kylie Singles



ksingles@thac.nsw.edu.au

SENIOR SCHOOL

Director of Wellbeing | Anna Nalla



analla@thac.nsw.edu.au



9608 0033



admin@thac.nsw.edu.au



**THOMAS HASSALL
ANGLICAN COLLEGE**