“All members of the Unity College School Community have the right to enjoy a safe and happy school environment where cooperation and positive interactions are encouraged, people are valued and property is respected.”

At Unity College We Believe

- In showing respect for each other
- In respecting our own property and the property of others.
- In contributing to a safe and happy school environment.
- That everyone has the right to feel safe and happy.

WE ALL HAVE A RESPONSIBILITY

Unity College
Lomond Crescent
Bellvista
Caloundra West

Phone: 07 54905777
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Anti-Bullying Brochure

Telephone: 07 54905777
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Bullying is ongoing verbal, psychological and/or physical attacks against a person or group of people. It is meant to hurt physically and/or emotionally. This can be done by an individual or by a group gathering together to bully someone.

- Hitting, punching, kicking, jostling, pushing, chasing, biting and spitting.
- Frightening others by threatening physical actions against them.
- Hiding, damaging or destroying the property of others.
- Using name calling, negative comments, pay outs and put downs.
- Ridiculing or humiliating a person by playing mean jokes or pranks.
- Deliberately leaving people out or isolating them.
- Spreading rumours about people or their families.
- Sending mean texts, e-mails or MSN messages.

What to do if you are being bullied

You can control what happens. Do not retaliate by using bullying behaviour. Do not show fear. If you don’t show fear the bully is no longer rewarded and bullying may stop.

You have to decide what action to take: Step 1 — Ignore it. Show that it does not upset you. The harasser is then not rewarded and the harassment may stop.

If it does not stop: Step 2 — Talk to the person bullying you. Tell her or him in a firm, clear voice that the actions are unwanted. It might stop then.

If bullying continues: Step 3 — Go to a teacher and report what has happened. They can help you decide what to do.

If the bullying still does not stop: Step 4 — Approach the Principal. Allow this person to take the action they see as necessary.

REMEMBER: It is your right to tell someone if you or your friends are being bullied. Do not retaliate with your own bullying.

To eliminate bullying, we need the support of students, staff and parents.

As a Parent

Bullies are everywhere. Children can learn how to handle bullying from positive role models in the home. Encourage your child to develop positive attitudes, learn assertiveness skills, and develop self-protection techniques. Work with your school and build a relationship with your child’s teacher.

As a School

Our school incorporates bullying issues into the curriculum. Teachers will persistently discourage bullying and will take immediate action should it occur. This may involve consultation with all parties concerned and consequences applied if appropriate.

WHERE TO GO FOR HELP

- Classroom Teacher
- Guidance Counsellor — Mr. Anthony Ross Mrs. Tamara Miller
- Pastoral Care — Mr. Steve De Laurence
- Junior School — Mr. Steve Chapman
- Senior School — Mrs. Karen Harrison
- Campus Ministers — Mariana Passeggi Phil Smith
- Lifeline (13 11 14) www.lifeline.org.au
- www.beyondblue.org.au
- www.bullyingnoway.com.au

Kinds of Bullying

WHERE TO GO FOR HELP