

“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
Email: pscaloundra@bne.catholic.edu.au

**Unity College
Anti-Bullying
Brochure**



***UNITY
COLLEGE***

Telephone: 07 54905777

pscaloundra@bne.catholic.edu.au

Kinds of Bullying

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.

PHYSICAL -

- Hitting, punching, chasing, jostling, pushing, spitting or sexual abuse.
- Frightening others by threatening these actions against them.
- Hiding, damaging or destroying the property of others.

NON-PHYSICAL -

- Deliberately leaving people out or isolating them.
- Using offensive names, making suggestive comments or other forms of sexual harassment.
- Making degrading comments about another's culture, gender, religious or social background.
- Ridiculing a person or making hurtful comments about his or her body or face.
- Writing crude notes or crude drawings about others, sending mean texts or MSN messages.
- Spreading rumours about people.

What to do if you are being bullied

You can control what happens—Do not retaliate by using physical or verbal bullying. Do not show fear. If you don't show fear the bully is no longer rewarded and bullying may stop then.

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 Administration. Allow these people to take the action they see as necessary. It is right to report bullying.

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

To Eliminate Bullying, we need the support of students, staff and Parents.

As a Parent

Bullies are everywhere. Encourage your child to develop positive attitudes, learn assertiveness skills, and develop self-protection techniques. Check the role models at home. Encourage communication skills. Work with your school and build a relationship with your teacher.

As a School

Our school incorporates a number of issues related to bullying into our curriculum. Teachers will persistently discourage bullying and will take immedi-

ate action should it occur. This may involve a meeting with all parties concerned and suitable consequences applied if appropriate.

WHERE TO GO FOR HELP

- **Classroom Teacher**
- **Guidance Counsellors**
 - Anthony Ross
 - Lena Redman
 - Catherine Connolly
- **P-6 Assistant Principal**
 - Danielle Gleeson
- **7-12 Assistant Principals**
 - Jo McNaught
 - Vince Webb
- **P-6 Head of College**
 - Mark Ballam
- **7-12 Head of College**
 - Sam Anderson

- Lifeline (131114)
www.lifeline.org.au
- Kids Help Line (1800 551800)
www.kidshelp.com.au
- au.reachout.org.au
- www.beyondblue.org.au
- www.bullyingnoway.com.au

