

KEY FACTORS:

- Bullying can range from social misbehaviour to violent crime
- Bullying involves violence and the abuse of power
- Bullying can include teasing, anti-social behaviour, exclusion, physical violence and sexual harassment
- The victim feels powerless and unable to defend himself/herself
- The critical issue is the extent of psychological, physical and other damage to the victim
- Bullying can be a crime
- Bullying damages children by affecting them physically, emotionally, socially, and intellectually as well as affecting their self-esteem
- Keeping bullying quiet can leave the victim with a sense of powerlessness, helplessness and hopelessness
- The victim may refuse to go to school and is more likely to develop a mental illness
- The victim may continue to be affected as an adult, affecting their relationships and career

Ephesians 4: 29-32

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.....Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

(NIV)

HOW CAN THE VICTIM BREAK THE BULLYING CYCLE?

- Remain as calm as possible and do not respond – Bullies love a reaction from the victim!
- Say “Please stop that, I don’t like it.”
- Move away from the bully and do not retaliate.
- Report the incident – every student has the right to feel safe.
- Do not show the bully any true feelings.
- Show assertive behaviour – “I don’t like you doing that!” “I am angry with you!” “If you don’t stop, I will report you!”
- Use confident body language by standing up straight, looking the bully in the eye, using a confident voice and not showing fear.
- Do not use an aggressive response as this will inflame the situation – rather use an assertive response such as: “Do that again and I will report you.”

Facts

- If the victim does not report the incident, the bully knows she/he has won and will continue her/his campaign
- If the victim does report the bully, it helps to break the cycle and give the victim a sense of relief and power

Assertive responses

So what! Big deal!
Really! Well, so what!

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A few copies of Bully Busting are available in the College Library



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STRATEGIES FOR COUNTERING BULLYING

—†—
Students at Kingsway Christian College have the right to feel safe at all times. As such our staff and students make it our responsibility to ensure that bullying in any form is not tolerated.
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KINGSWAY
CHRISTIAN COLLEGE

WHAT IS BULLYING?

Bullying is aggressive behaviour resulting in a deliberate effort to hurt, threaten or embarrass another person.

Bullying can be negative behaviour in many forms:

Verbal Bullying:

Name calling, putdowns, making hurtful, sexist or racist remarks, threats, laughing unkindly, making up untrue stories, teasing.

Physical Bullying:

Hitting, tripping, poking, bumping, kicking, pinching, throwing objects, stealing objects, pulling faces, spitting, grabbing and tearing clothing, hiding or damaging possessions, gesturing.

Social Bullying:

Ignoring, mimicking, hiding from, excluding others, spreading rumours.

Psychological Bullying

Stalking, dirty looks, spreading rumours, name calling.

Cyber Bullying

Sending offensive emails, using Internet chat rooms to talk negatively about another person, misuse of a person's email account to imitate that person. Cyber bullying also includes negative or criminal information sent via instant messaging, text messages, blogs, mobile phones and pagers.

Sexual Harassment

Gestures of a sexual nature, grabbing, pulling down underpants (dacking), flicking a girl's skirt, commenting on sexuality, using intimidating language, making unwelcome sexual advances, bra-flicking.

PARENT'S CHECKLIST

Is your child a victim?

Physical Signs

- Punched, shoved, kicked, pushed, picked on
- Involved in fights in which they have no power
- Belongings stolen, hidden or damaged
- Unexplained bruises, scratches, torn clothing
- Poor sleeper or bed wetter
- Frequent requests for money
- Always stays near teacher or other adults
- Does not want to go to school
- Complains of headaches or minor health problems

Emotional Signs

- Appears anxious and unhappy
- Appears sad, tearful, secretive, withdrawn
- Behaviour change
- Unusual patterns of behaviour
- Anger
- Low self-esteem

Intellectual Signs

- Lack of concentration
- Change in academic performance
- Difficulty answering questions in class
- Lack of participation
- Sudden deterioration of classwork/homework
- Sitting alone in class

Social Signs

- Not many friends
- Teased regularly, ridiculed, dominated
- Made fun of and laughed at
- Often alone and excluded at recess and lunch time
- Bullies others at home

WHAT CAN YOU DO TO HELP?

- Sit with your child to find out what has been happening
- Listen carefully and show patience
- Determine why it is difficult for your child to share the problem
- Your child may be too sensitive to explain offensive gestures/language
- Ask your child to draw a picture to explain or write about it
- Do not devalue your child or criticise him/her for becoming a victim
- Take colour photos of any physical damage such as cuts or bruises for evidence
- Give your child caring support and show empathy
- Do not display anger
- Seek other information from friends, siblings, teachers
- Look for patterns of behaviour relating to sickness, sadness or other signs
- Ask the College for the "Whodunnit" checklist to help get the answers from your child
- Report the matter to the relevant Head of Primary or Head of Students (Secondary) and consider requesting counselling from the College Chaplain

School rules for parents

- You have a right to complain if your child is affected by bullying
- There are usually two sides to a situation so remain calm when you report the incident
- Collaborate with the College giving them a "fair go" before making accusations
- Give the College sufficient time to implement a plan of action
- Do not harass other students or parents. Allow the College to manage on your behalf
- Do not increase the anxiety of your child by creating a pay-back situation
- You should not feel guilty about making a fuss about bullying as you may help other children as well as your own