

## Yeoval Central School Anti-Bullying Plan

Our school is an inclusive, rural central school, where students and teachers embody the core values of respect, responsibility and cooperation.

At Yeoval Central School, we believe that all students and staff members have the right to feel happy and safe in our school environment. As a NSW Government school, we reject all forms of bullying behaviour, including cyber bullying.

We strive to:

- create a culture where it is acceptable and encouraged to report incidents of bullying; and
- empower students by listening to their experiences and allowing them to feel that they can be in control of what happens to them at school.

### Defining Bullying:

Bullying is *repeated* verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies. Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on sex, race, disability, homosexuality or transgender. Bullying of any form or for any reason can have long term effects on those including bystanders.

*Conflict or fights between equals or single incidents are not defined as bullying.*

### Strategies for Prevention of Bullying

The most significant strategy is the application of Positive Behaviour for Learning (PBL). The PBL core values of respect, responsibility and cooperation are embedded into the school culture and underpin classroom expectations.

Other strategies that will be used are:

- Weekly Wellbeing and PBL lessons with Year Advisors to give students avenues to report issues and learn strategies to make them more resilient and empowered people.
- Behaviour Management Policy consistently implemented by all staff
- Playground Supervision - Staff will monitor the playgrounds and encourage all students to play, reminding all at every opportunity about strategies to manage playground conflict.
- Providing ample learning opportunities in the curriculum (e.g. PDHPE) around bullying, what it is, how to be an upstander and what to do in the event bullying occurs.

## YCS Procedures

The prevention of bullying is the responsibility of everyone in our school.

Personnel	Responsibility
Students	<ul style="list-style-type: none"> <li>Follow the school Behaviour Management policy.</li> <li>Be assertive- Tell the "bully" that they do not like the behaviour, how it makes them feel and they must tell a teacher about it if the person continues.</li> <li>Say "No to Bullying!"</li> <li>See a teacher, if you or someone else is being bullied.</li> <li>Respect individual difference and diversity.</li> <li>Empathise with all members of their community.</li> <li>Respond to incidences of bullying as per the Behaviour Management policy.</li> <li>Be responsible digital citizens.</li> <li>Not to bully others.</li> </ul>
Parents and Caregivers	<ul style="list-style-type: none"> <li>Watch for signs their child may be being bullied;</li> <li>Treat members of their own family with respect, empathy and tolerance modelling appropriate behaviours within the home.</li> <li>Model appropriate behaviour within the school grounds and in the town surrounds.</li> <li>Teach anger management skills within the home.</li> <li>Teach their child how to respect, empathise and tolerate those around them in as many situations as possible.</li> <li>Teach their child how to be assertive and to use assertive language in situations that require it.</li> <li>Notify the school when incidences of bullying are suspected.</li> <li>Encourage their child to discuss bullying, what it is and how best to respond to it. Support their child through the appropriate manner of dealing with bullying.</li> <li>Work collaboratively with the school to resolve issues.</li> <li>Refrain from becoming involved with other student's or family's issues.</li> </ul>
Teaching Staff	<ul style="list-style-type: none"> <li>Embed the anti-bullying message within their core teaching.</li> <li>Always behave in a manner that models the core values of Respect, Responsibility and Cooperation demonstrating the ethos of the anti-bullying message.</li> <li>Respect and support students in all aspects of their learning.</li> <li>Respond in an appropriate and timely manner to incidents of bullying according to this document and the school's Behaviour Management Policy</li> <li>Be proactive and vigilant.</li> <li>Be approachable, informed and understanding of all students.</li> <li>Avoid labelling students.</li> <li>Give feedback to parents in a timely manner according to the Anti-Bullying Plan.</li> </ul>

	<ul style="list-style-type: none"> <li>Follow the procedures outlined in the relevant Appendix 1 flow chart.</li> <li>Provide students with strategies to respond to incidents of bullying, inform students about their responsibilities as members of the school community with regard to their behaviour, and teach students via regular (PBL, Anti Bullying and PDHPE) lessons what bullying and bystander behaviour is and how they can positively impact incidents of bullying by how they respond.</li> </ul>
Non-teaching Staff	<ul style="list-style-type: none"> <li>Report all incidences of bullying to teachers in a timely manner</li> <li>Always model expected behaviours of our PBL core values</li> </ul>
Principal and Executive	<ul style="list-style-type: none"> <li>Always model expected behaviours of our PBL core values</li> <li>To follow up on sustained and consistent incidents of bullying in a timely manner in accordance with the School Behaviour Policy and the school's Anti-Bullying plan.</li> <li>Ensure that the plan is readily accessible to all members of the Yeoval Central School by informing all its members bi-annually about the Anti-bullying Plan and Behaviour Management Policy via the school newsletter and posting the plan on the school's web site.</li> <li>Ensure that the school's timetable allows for time with Year Advisors weekly for PBL lessons and wellbeing content</li> <li>Offer support for all involved.</li> <li>Follow the procedures outlined in the relevant Appendix 1 flow chart.</li> <li>Give feedback to parents in a timely manner according to the Anti-Bullying plan.</li> <li>Promote Anti Bullying Plan across the Key Learning Areas</li> <li>Ensure the appropriate processes are followed in accordance with the Anti-Bullying Plan.</li> <li>Avoid labelling students.</li> <li>Promote the school policies and values regularly via the school website, Facebook page, newsletters.</li> </ul>

Yeoval Central School is committed to all students being known, valued and cared for through the systematic implantation of PBL and a school wide Wellbeing framework.

Appendix 1 contains a flow chart to assist teachers in ensuring that any incidences of bullying are dealt with consistently and appropriately.

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## Important Contact Information

Senior Constable Craig Skene - NSW Police – School and Youth Liaison Police Officer – Dubbo

Yeoval Central School Counsellor 68464004

Kids' Helpline 1800 551 800

Child Wellbeing Unit 1300 480 420

24hr Mental Health Hotline 1800 332 388

Child and Adolescent Mental Health 1800 011 511

Websites

Youth Beyond Blue [www.beyondblue.org.au](http://www.beyondblue.org.au)

Bullying No Way [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

Reach Out [www.au.reachout.com](http://www.au.reachout.com)

Kids' Helpline [www.kidshelp.com.au](http://www.kidshelp.com.au)

Black Dog Institute [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

Keeping Them Safe [www.keepthemsafe.nsw.gov.au](http://www.keepthemsafe.nsw.gov.au)

Head Space [www.headspace.org.au/](http://www.headspace.org.au/)

NSW DoE Anti – bullying <https://antibullying.nsw.gov.au/>

## Resources

Yeoval Central School Behaviour Management Policy

Bullying: Preventing and Responding to Student Bullying In Schools Policy. - 2011 – Reference No PD/2010/0415/V01

## Policy created:

October 2019

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Endorsed by the Executive, P&C and SRC

NB. To induct staff

## Policy to be reviewed:

October 2020

