# Sunnyside Primary **Anti-Bullying Policy**



# What is Bullying?

#### Deliberate

Doing it on purpose to hurt or upset someone else.

## Repeated

More than once over more than one day.

### Targeted

Doing it towards one individual or group.



# Types of Bullying



## **Physical**

Intentionally injuring or intimidating by striking, pinching, pushing, kicking, or damaging their property.

## Psychological

Intimidation or humiliation that negatively affects one's mental health and wellbeing.

## Cyber

Repeatedly sending hurtful messages or images through social media, gaming platforms or chat rooms

#### Verbal

Use of abusive language or name calling, including remarks that are prejudice, racist or homophobic.





#### 4. Going **Further**

- Communicate with families
- Monitor, review and reflect



#### 2. Finding Out

- Listen carefully
- Record
- Investigate

#### 1. Tuning in

- Staff observe
- Parent/Carer reports
- Child shares

#### 3. Sorting Out

- Address the behaviours
- Introduce supports and interventions

# Prevention

- Restorative approaches
- Playground supervision
- Our values
- Our expectations
- Staff training
- Curriculum
- 5 questions

