

# Illawarra Sports High School

## Anti-Bullying Policy

At Illawarra Sports High School, bullying is taken seriously and is not acceptable in any form. Our school is an inclusive environment, where diversity is affirmed and individual differences are **respected**.

Everyone at Illawarra Sports High School has the **right** to expect that they will be free from the fear of bullying, harassment and intimidation at school.

**Bullying is intentional or repeated harassment by a person or a group**



**Bullying behaviour can be:**

- **ELECTRONIC** e.g.: hurtful email, text messages, posting or forwarding photos & videos, commenting on "Facebook" threads or joining hurtful groups
- **VERBAL** comments about your physical appearance, gender, sexuality, race, disability, religion or any other perceived difference eg: name calling, teasing, taunting, abuse, putdowns, sarcasm
- **PHYSICAL** e.g.: mucking about that goes too far, hitting, punching, kicking, scratching, tripping, barging, shoulder charging, dacking, deliberate contact
- **SOCIAL** e.g.: ignoring, excluding, ostracizing, alienating
- **PSYCHOLOGICAL** e.g.: spreading rumours, dirty looks, hiding property

As a student of Illawarra Sports High, you have to the **responsibility** to look out for others and report any incidents of bullying. You can report it to any classroom teacher, Head Teacher, Year advisor or Deputy Principal.

**Teachers will not tolerate bullying in the classroom or playground. Those who speak up will be supported.**

**Teachers, Head Teachers, Year Advisors, Deputy Principal and Principal's will-**

- \* Interview students involved
- \* Suggest counselling
- \* Counsel and discipline bullies
- \* Contact parents of students involved
- \* Caution and/or suspend, students with a history of suspension for bullying and harassment may face expulsion

### **Mobile phone Tips**

- Only give your phone number out to people that you want to have it. You can hide your number by setting it to 'private' in the settings of your phone, but

there's an even easier way - **dial 1831 before you call.**

- If you've got bluetooth switched on, on your mobile phone, and your phone is not set to 'hidden', chances are you're open to **bluejacking**, **bluesnarfing** or **bluebugging**.
- Switch your mobile phone off at night



### **Online Safety Tips**

- Remember that whatever you post online, is PUBLIC information. Anything you do online is tracked and can be traced.
- Check your privacy settings regularly (they often change)
- Set up another email address (Eg Gmail or Hotmail) for communications online. That way, you can delete it if need be without losing all of your other contacts
- Keep your passwords secret
- Treat others with respect, and expect the same of them
- If you don't want something to go around the world – don't post it!!!



### **What if I am being bullied online or via mobile phone?**

- Don't delete messages or discussion threads - leave them 'as is' so can be used as evidence. If online, you can print the page
- Record time and date that messages are received
- Block/delete the person
- Report the incident to the service provider (Facebook, Youtube etc) school or local police



If you feel you need some advice or support call the confidential 24 hour helpline 1800 200 526 to talk with experienced counsellors.

For more information check out:

[www.cyberbullying.info](http://www.cyberbullying.info)  
[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)  
[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)  
[www.cybersmart.gov.au](http://www.cybersmart.gov.au)  
[www.lifeline.org.au](http://www.lifeline.org.au)  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

