Anti – Bullying Program

Carlingford High School
For Information or help you can contact the following people:

* All teachers at Carlingford High School
* Your Year Adviser
* The Anti-Racism Contact Person
  Mr Cutler (Anti Discrimination contact)
* The School Counsellor (Mrs Callaghan)
* Mr Alexander (Deputy)
* Mr Myers (Deputy)
* Mr Arblaster (Anti – Bullying coordinator)
* Miss Halloran (Head Teacher Welfare)
* Mrs Long (Supervisor of Girls)
What is bullying?

Bullying is when someone’s feelings are hurt repeatedly by the behaviour of another person or group. Our school does not tolerate bullying!

What to do if you are bullied

* Move away from the situation, or ignore it:

* Identify the problem by talking to the person(s) involved, and work out a solution

* Ask the teacher supervising you to help:

* Discuss the problem with the anti-bullying coordinator, your Year Adviser, the school Counsellor or Deputy Principal:
Tell your parents – they can help you notify the school.

How can you help someone Who is being bullied?

* Remember that nobody deserves to be bullied.
* Show the bully that you and your friends disapprove of his / her actions or behaviour.
* Seek help
* Give support to the students who are being bullied
* Report it. The person being bullied may be too upset to tell anyone.

How to stop a bully

* Do not obey the bully. Tell them to stop and go away.
* Do not encourage bullying by word or action. If you watch someone being bullied and do nothing about it you are encouraging the bully.
* Do not join in if a person starts to bully. Refuse to join in.
If you are present when bullying occurs, take some form of action to let the bully know that their behaviour is unacceptable.

Carlingford High School aims to provide a physically, emotionally and psychologically safe environment for the whole school community. This will

*  educating the school community as to what constitutes bullying behaviour.

*  establishing an anti-bullying policy and procedures.

*  challenging bullying behaviours,

*  encouraging positive bystander behaviour.

*  and supporting those affected by bullying
What can parents do?

* Watch for signs that your child might be being bullied – damaged property, bruising, withdrawn, unhappy, wanting to miss school.

* If you think that your child is being bullied, inform the school and ask for an interview with a staff member who can help you.

* With staff devise strategies that will help and support your child inside and outside the school.

* Remember that bullying is more effectively addressed if the school and family work together.

* Encourage your child to develop friendships.

* Support your child in developing their talents and participating in activities that build confidence in a safe and supervised environment.

* Work on improving your child’s self-esteem.

* If bullying involves severe physical abuse, you may wish to consider police action.
Carlingford High School aims to provide a physically, emotionally and psychologically safe environment for the whole school community. This will be achieved by:

* educating the whole school community as to what bullying is and the forms it takes.
* establishing an anti-bullying policy and procedures.
* challenging bullying behaviour
* encouraging positive bystander behaviour.
* and supporting those affected by bullying.