Identifying Bullying
A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- is frightened of walking to or from school
- doesn’t want to go on the school bus
- changes their usual routine
- is unwilling to go to school
- begins to truant
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in school work
- comes home with clothes torn or books damaged
- has possessions which are damaged or “go missing”
- asks for money or starts stealing money
- has dinner or other monies continually “lost”
- has unexplained cuts or bruises
- comes home starving (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what’s wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous & jumpy when a cyber message is received

These signs and behaviours could indicate other problems, however, bullying may be a possibility.

What Is Bullying?
“Bullying is deliberately harmful behaviour repeated often over a period of time or on isolated occasions, where somebody deliberately intimidates or harasses another”.

Bullying can be:
- Emotional: being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures, spreading rumours.)
- Physical: pushing, kicking, hitting, punching or any use of violence
- Racist: racial taunts, graffiti, gestures
- Sexual: unwanted physical contact or sexually abusive comments
- Homophobic: because of, or focusing on the issue of sexuality
- Verbal: name-calling, sarcasm, spreading rumours, teasing
- Cyber: All areas of internet, such as email and internet chat room misuse
  - Mobile threats by text messaging and calls
  - Misuse of associated technology, i.e. camera and video facilities

The TLSC Tumbi Umbi Campus is committed to ensuring that all students are able to learn in a supportive, caring and safe environment without the fear of being bullied. Schools exist in a society where intimidation, harassment and victimisation occur. Bullying must be taken seriously and is not acceptable in any form at Tumbi Umbi Campus. Relationships are central to building a sense of belonging. Where are strained restorative processes are used to rebuild.

Students have a responsibility to:
- behave appropriately, respecting individual differences and diversity
- follow the campus anti-bullying plan
- respond to incidents of bullying according to our campus plan

Parents and Carers have a responsibility to:
- support their children in all aspects of their learning
- help their children understand what constitutes bullying behaviour
- support the campus’s Anti-Bullying Plan
- support their children in developing positive responses to incidents of bullying consistent with the campus’s Anti-Bullying Plan

Tumbi Umbi Staff have a responsibility to:
- respect and support students in all aspects of their learning
- provide students with strategies to respond positively to incidents of bullying behaviour, including responsibilities of onlookers
- provide parents, caregivers and students with clear information on strategies that promote appropriate behaviour, and the consequences for inappropriate behaviour
- communicate to parents that they have an important role to play in resolving incidents of bullying involving their children
- follow up complaints of bullying and harassment and intimidation
- build self-esteem and levels of resilience through restorative processes
- model appropriate behaviour through their everyday interactions with students, community and colleagues
- respond in an appropriate and timely manner to incidents of bullying following the campus’s Safe Campus: Anti-Bullying Plan
How do we prevent bullying at TLSC Tumbi Umbi Campus?
The strategies below develop awareness among students, parents and staff of the nature and consequences of bullying, and develop skills that have proved effective in dealing with bullying. They include:

- teaching units of work specifically on bullying such as part of the Personal Development and Health program in Years 7 and 8
- extensive transition planning for students commencing year 7
- the provision of lunchtime support for students who are at risk in the playground—Peace Park, Alternate Playground
- Positive Behaviour Support - focused on developing skills to improve relationships.
- Rock and Water program
- Proactive Cyber Crime workshops (Police Liaison officer)
- No Limits program
- Rock Eisteddfod and other extensive extra curricula cross year activities
- Student Diary
- Restorative Practices
- Counselling
- Partnerships with external agencies
- Communication through Campus Newsletter
- Risk Assessment and Management Plans
- Identification of problem areas and times through surveys
- Specific issue workshops and drama performances

How do we deal with bullying at Tumbi Umbi Campus?
All reports of bullying at TLSC Tumbi Umbi Campus are taken seriously and handled in a sensitive manner. Discussions are held with the student who is bullying and the bullied student by a member of staff. Students are asked to write a brief report of what has been happening.

As a result of these inquiries teachers, year advisers, head teachers and senior executive are able to choose from a range of options based on their professional judgement of the situation. These options include mediation, counselling, restitution and parent meetings.

The ultimate aim of any action is a win / win resolution that respects the dignity of all parties. In serious and sustained incidents of bullying it may be necessary to invoke the campus’s discipline system which includes monitoring a student’s behaviour on a day by day basis, campus detentions and suspension. These procedures involve parents and students in seeking solutions.

What can you do? - Tell Someone You Trust.

Parent and Carers
By the time children tell a parent they are being bullied they might have already tried everything they can do on their own. Telling parents is often a very difficult step. It helps if a parent/carer:

* listens to what is being said,
* tells their child that they understand, and involves the child in making decisions about what to do.

It does not help if a parent/carer:

* gets angry or upset,
* blames the child,
* blames the campus,
* accuses people without knowing the facts,
* makes the child feel guilty, or treats the information as unimportant,
* tries to contact the bully without campus support and all available information.

Once you have a clear understanding of the situation, and how you and your child would like to handle it, make an appointment to see the School Counsellor, your child’s Year Advisor’s or the Deputy Principals.

Students
At TLSC Tumbi Umbi Campus we encourage all students to follow three steps when dealing with bullying.

1. Try to ignore
   Bullying students thrive on attention.
   Say to yourself, “That’s their problem, not mine” or “I’m OK, I don’t need their problems”. Be confident in your own beliefs, friends and behaviour.
   Not working – move to step 2.

2. Be Assertive
   Stand up to the person bullying and confidently and politely tell them that you would like them to stop what they are doing.
   If you are upset, aggressive or angry this will not work. You have to show them that you are a confident person.
   Not working – move to step 3.

3. Record and Report
   Students who bully thrive on the fact that you do not want to “dob”.
   They enjoy telling you that if you tell a teacher they will make it worse for you.
   They have forgotten that teachers at our campus are trained in conflict resolution.
   Your teacher will initially seek a win / win solution to the problem.
   In cases of serious violence or threats of violence, teachers and students will notify the Deputy Principal immediately.

Who can you speak to?
Year Advisors, Deputy Principals, School Counsellor, Principal. All of these people can be contacted on the details below.

For immediate support go to
Kids Help Line
Ph: 1800 55 1800

For more information please refer to the following organisation

BULLYING.NO WAY! Australian school communities sharing cybersolutions
Website: http://www.bullyingnoway.com.au

Evaluation and Monitoring
Students and staff are surveyed on an annual basis to assist in the identification of geographical areas and times in which bullying occurs. Review of documentation through the campus behaviour management system also assists in this review. Evaluation of the Safe Campus: Anti-Bullying Policy and strategies are reviewed on an annual basis.