

**La Salle College is committed to providing a quality education for students within a Catholic context. The College promotes a school community based on respectful relationships that seek to minimise incidences of bullying.**

**Bullying** is a **repeated** and unjustifiable behaviour that may hurt, threaten, embarrass, isolate, exclude or intimidate someone. When a group or an individual uses their power to target or hurt another person **repeatedly**, this is bullying. There is usually an intention to cause fear, distress and/or harm.

Bullying behaviours can occur at school, in transit between school and home or in some cases it can occur within the home of a child e.g. cyber bullying. It is also important to note that while a one off physical assault may not be considered bullying. It is also considered a serious breach of enrolment and is dealt with through the College Behaviour Management Policy.

#### Examples of Bullying Include:

- Teasing and spreading rumours.
- Name calling and 'put downs'.
- Making threats or offensive gestures.
- Excluding others from activities/groups.
- Physical ongoing acts of aggression e.g. shoving, hitting.
- Damaging/hiding someone's property.
- Cyber bullying and offensive SMS messages.

#### What being bullied may feel like:

- |           |              |            |
|-----------|--------------|------------|
| ☹️ scared | ☹️ depressed | ☹️ sad     |
| ☹️ angry  | ☹️ confused  | ☹️ sick    |
| ☹️ unsafe | ☹️ alone     | ☹️ worried |

#### Some tips if you are bullied:

- Ask the person/people in a polite manner to stop.
- Consider whether any actions by you could be contributing to the situation.
- Tell your parents, your PCA, Year Coordinator or a staff member that you trust. This is not 'dobbing', it is your right to be safe and treated with respect. Staff will deal with your complaint in a fair and confident manner.
- Surround yourself with supportive friends and avoid the person who is bullying you.
- Stay away from places where you don't feel comfortable.
- Make an effort to mix with a variety of friends at recess or lunch time.
- Avoid trying to 'get even' as it makes the problem worse.

#### Bystanders: An Important Group

Bullying involves more than the students who are bullied and those who bully. Other students are usually present during most bullying incidents in the schoolyard. Bullying can continue because people who are involved do not talk about it and seek help. This includes bystanders. A bystander is someone who sees the bullying situation.



#### A bystander might:

- Watch what is going on and not get involved.
- Pretend not to see and ignore the situation.
- Choose to get involved in the bullying.
- Choose to get involved and stop the bullying.
- Choose to get help.

As bystanders, students can either support bullying in the way they behave or help to stop bullying. Many students don't know how to help or get help.

#### As a student what can I do if I see or know someone is being bullied?

- Inform your PCA, Year Coordinator or a staff member about any incidents of bullying.
- If you witness bullying, refuse to join in. Take a stand by telling the person doing it to stop.
- Support the student who is being bullied.
- Show care and respect for others in and outside the classroom.
- Make a special effort towards a student who seems lonely or who is having a hard time by inviting him/her into your friendship group.
- Students are encouraged to report incidents of bullying directly to their PCA, Year Coordinator or a

member of staff. Students who are being bullied or witness bullying may also make a confidential report via the bullying hotline:

**staysafe@lasalle.wa.edu.au**

## As a Parent or Guardian what can you do to stop bullying?

- If your child tells you of a bullying incident he/she has witnessed in or out of school that concerns La Salle students, inform your child's Year Coordinator.
- Trust and listen to your child. Acknowledge that you understand that your child believes there is a problem with his/her or another person's behaviour.
- Be vigilant for signs that may indicate that your child is being bullied including: reluctance to go to school, mood swings, a pattern of somatic illnesses like headaches and stomach aches, sleep disturbance, and social withdrawal.
- If your child reports that he/she is being bullied, encourage him/her to talk freely. Note down as many details as possible. Discuss respectful ways of addressing the issue.
- Once you have a clear idea of the situation and some ideas about how your child would like it handled, contact your child's Year Coordinator. They may then refer the matter on to the Assistant/Vice Principal or College Counsellor if appropriate. During various stages of the process, you will be consulted and informed about steps taken to resolve the issue.
- Discourage any form of retaliation. This may make the situation worse.
- Parents are encouraged to report incidents of bullying directly to their child's Year Coordinator. Contact may also be made to the College via the 'stay safe' hotline.
- Further information on how to deal with issues of bullying is available on the College web page under Parent Resources.

At La Salle College bullying is considered to be a serious contravention of the student's enrolment agreement as outlined in the Student Organiser. All students and staff are encouraged to engage in respectful relations with their peers and others. Any student who believes he/she or someone else is being bullied needs to ASK FOR HELP from their PCA, Year Coordinator or other adults they trust as soon as they find themselves in these situations.

*"In your ministry, you are called to touch hearts.  
Do you build on the affection that the children  
have for you to lead them to God?"*

St John Baptist de La Salle

### Parent/Student Resources:

The La Salle College Bullying and Harassment Policy and other useful links are available on the La Salle College Home Page (see Parent Resources)

Parents/students are also encouraged to report instances of bullying by emailing [staysafe@lasalle.wa.edu.au](mailto:staysafe@lasalle.wa.edu.au)  
*All reports will be treated in a confidential manner.*



### La Salle College

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## La Salle College Parent and Student Information on Bullying

