

ANTIBULLYING POLICY

Grace Valley Indian School is completely opposed to bullying and will not tolerate it. It is entirely contrary to the values and principles we work and live by. We believe that every pupil has the right to be provided a caring, supportive, safe, and orderly school environment.

What is bullying?

- An act intended to hurt another person and results in pain or distress to the victim.
- It involves an imbalance of power between the bully and the victim.
- Can be planned and organized, or it may be unintentional
- Maybe perpetrated by individuals or by groups of pupils.

Types of bullying

Physical Bullying – pushing, punching, kicking, hitting, pinching, and other physical attacks.

Verbal Bullying – insults, teasing, name-calling, taunting, threatening, homophobic/racist remarks, spreading rumors, and other verbal abuses.

Covert Bullying – is often harder to recognize and can be carried out behind the bullied person's back. Examples include lying and spreading rumors, negative facial or physical gestures, menacing or contemptuous looks, playing nasty jokes to embarrass and humiliate, mimicking unkindly, encouraging others to socially exclude someone, or damaging someone's social reputation and social acceptance.

Cyberbullying - is overt or covert bullying behaviors using digital technologies. Examples include harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces. Cyberbullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying.

Signs of bullying

- Unwilling to go to school
- It begins to do poorly in school work.
- Becomes withdrawn, anxious or lacking in confidence.

- • Constantly telling lies, hiding something more serious.
- • Has possessions that are damaged or missing.
- • Has unexplained cuts or bruises.
- • It becomes aggressive, disruptive or unreasonable.
- • Changes their usual routine.
- • Being reported by parents for changed behavior – nightmares, bed wetting aggression, etc.

How do we prevent bullying?

- We have worked together to guarantee that all school staff, pupils, and parents have an understanding of bullying.
- We make sure that every pupil knows that Grace Valley Indian School does not tolerate any form of bullying.
- We ensure that every pupil acts in accordance with the school's Code of Conduct.
- We use every opportunity to talk to students about proper behavior towards each other.
- We act immediately with any complaints and deal firmly with anyone exhibiting bullying behavior.

What can a pupil do?

- Tell the bully to stop.
- Seek help and talk about it to your teacher, parent or someone you trust.
- Try not to show you are upset – this is hard but a bully thrives on someone's emotions.
- Stay with a group of friends/ people you trust during playtime and lunch breaks

What can parents do?

- Work with the school to support your child.
- Report the incidents even if your child does not want this.
- Help your child to learn that it is ok to speak up about bullying.
- Ask the School's Counselor for advice.
- Support the School policy on anti-bullying.