

Trinity College Anti-Bullying Statement 2020

Bullying is **repeated** verbal, non-verbal and/or physical attacks on a person by another person or group. It is intended to hurt, frighten, embarrass, humiliate, make you feel angry or uncomfortable. It is deliberate.

Here are some examples to help you decide about things you see, or do, or that might happen to you:

- Hitting, punching, jostling, pushing or spitting.
- Threats.
- Hiding, damaging or destroying property.
- Using names offensive to you or abusive language.
- Sexual abuse, including making suggestive comments, touching or grabbing.
- Making insulting comments about another's culture, gender, religious or social background.
- Putting a person down about his or her body, abilities or achievements.
- Writing graffiti about others, including writing crude notes or making crude drawings.
- Insulting or spreading rumours about people or their families.
- Deliberate exclusion in order to hurt, frighten, embarrass or humiliate.
- Causing another student to be afraid or upset at school or on the way to or from school.
- Offensive gestures, sounds, sarcastic laughter or 'knowing' or derogatory looks.
- Nasty electronic messages (eg. telephone calls, SMS, Facebook, Twitter, Instant Messaging or Emails) which annoy or upset you and/or your family.

How should we treat others?

At Trinity College Gladstone, we have an expectation of RESPECT for all others, whether they are students, staff, parents or visitors. We expect every member of the school, from the youngest to the oldest student and all our staff, both to give and receive respect.

Remember:

COURTESY to all

COOPERATION with each other

CONSIDERATION for those we meet

When we are bullied, or if we bully others, our school community is damaged. We must understand that bullying may contribute to us becoming angry, humiliated or frightened, and encourages us to retaliate in equally hurtful ways.

There must be NO harassment. Repeated unwelcome actions and words will not be tolerated at our College.

How do you measure up?

- Do you really try to give **respect** to all other members of the school?
- Do you show **courtesy** and **consideration**?
- Do you try to **cooperate** with other members of the school?

WELL DONE! You are attaining our goal for a safe and respectful school community.

OR ...

- Do you intimidate, tease or abuse?
- Do you call people names?
- Do you insult, belittle or frighten?
- Do you repeatedly act disrespectfully to your teacher and disrupt the learning in your class?
- Do you take part with a group in offending others?
- Do you tolerate bullying of others by laughing, by failing to intervene or report?
- Then you should STOP and THINK because.....
- You are likely to be guilty of bullying. There are CONSEQUENCES for bullying others.

What can you do if you are bullied?

If you are bullied, you must report it to a teacher as soon as possible. In addition, here are some strategies which may help:

- Tell your parents.
- Always tell yourself you don't deserve it.
- Move out of reach.
- Walk away without looking back.
- Try ignoring it. Some people stop if you do.
- Tell the person to stop. Be firm. This could be done through someone else.
- Go to a safe place.
- Ask friends to walk home with you.
- Remember it is okay to feel upset and hurt – but don't stay that way.
- Adopt safe technological practices, e.g. remove person from friend list
- Tell the person or group that you will take it further if they don't stop.
- Tell an older student.
- Talk it over with the School Chaplain/teacher.

REMEMBER ... It is right for you to tell someone if you are being bullied, or if your friends are.

EVERYONE HAS THE RIGHT TO FEEL SAFE AT ALL TIMES.

What Trinity College will do

- One of the staff will take up your concern.
- He or she will consult you to reassure you and find out more details.
- He or she will work out the best way to handle the situation.
- All reported incidents will be dealt with.
- There are consequences for bullying behaviours, such as warnings, close checking, detentions and suspensions.
- There will be consultation, where necessary, with all involved: parents, teachers, Heads of School, Deputy Principal, Principal, Chaplain.
- The school will ensure that follow-up is provided.
- Retaliation against those who report will be viewed very seriously. Where possible, the names of those who report will be kept confidential.

OUR GOAL IS FOR A CHRIST-CENTRED SCHOOL COMMUNITY WHERE PEOPLE FEEL HAPPY, SAFE AND VALUED.