

# Anti Bullying Policy – Saying ‘NO’ to Bullying

## Rationale

Under the Anti-discrimination Act (1991), any form of harassment is unlawful. Education Queensland's "Code of School Behaviour" expects Beaudesert SHS to "provide a safe and supportive learning environment" and that our community members have the right to feel safe, therefore bullying behaviour is unacceptable.

The anti-bullying policy, procedures and guidelines are a reflection of Beaudesert State High Schools core priorities - respect, responsibility and ready to learn.

## Definition of Bullying

Dr Rigby (2010) defines bullying in the following way:

"Bullying is a systematic and repeated abuse of power. In general bullying may be defined as:

- dominating or hurting someone
- unfair action by the perpetrator(s) and an imbalance of power
- a lack of adequate defence by the target and feelings of oppression and humiliation.

Bullying does not involve:

- one off social isolation or rejection
- not liking someone
- random acts of aggression, intimidation or meanness
- conflict or fights between equals or single incidents
- friendly teasing
- mutual arguments and disagreements (where there is no power imbalance)

There are five kinds of bullying:

### 1. Physical bullying

This is when a person (or group of people) uses physical actions to bully, such as hitting, poking, tripping or pushing. Repeatedly and intentionally damaging someone's belongings is also physical bullying.

### 2. Verbal bullying

Repeated or systematic name calling, insults, homophobic or racist remarks and verbal abuse.

### 3. Covert bullying

Such as lying about someone, spreading rumours, playing a nasty joke that make the person feel humiliated or powerless, mimicking or deliberately excluding someone.

### 4. Psychological bullying

For example, threatening, manipulating or stalking someone.

### 5. Cyber bullying

Using technology, such as email, mobile phones, chat rooms, social networking sites to bully verbally, socially or psychologically. The main forms of cyber bullying are identified as:

- Flaming: online fights using electronic messages with angry or vulgar messages
- Harassing: repeatedly sending nasty, mean or insulting messages
- Denigrating: Posting or sending gossip or rumours about a person to damage his/her reputation or friendships
- Outing: sharing someone's secrets or embarrassing information or images online

- Excluding: Intentionally and cruelly excluding someone from an online group
- Cyber stalking: repeated, intense harassment and denigration that includes threats or creates significant fear.

