

The Pines School

Student Grievance Procedures

A **bully** is someone who *teases, annoys, excludes, frightens* or *hurts* someone else on purpose, repeatedly and knowingly.

There are 4 types of bullying – Physical, Verbal, Emotional and Social.

If you think somebody is deliberately trying to ‘dip your bucket’...

You might:

- Stay calm
- Try to ‘talk it out’
- Walk away and let it go
- Go to another activity
- Use confident body language
- You might negotiate or compromise
- Try to fill your own bucket
- Talk about it at class meeting



Tell the person who is harassing to stop – use an ‘I’ statement

“STOP IT! I don’t like it!”

“You need to stopme. Stop it!”

****Always report violence to an adult immediately!!**

Get help from someone you trust who can help solve the problem...

For example talk to:

- Any teacher or staff member
- Student Well-Being Leader
- Parents/Caregivers or a Trusted Adult
- Siblings
- Kids Helpline (1800 55 1800) or go to www.kidshelpline.com.au/school

Visit www.esafety.gov.au for information about cyber bullying.

****If the harassment or bullying continues.....**

KEEP REPORTING! DON’T GIVE UP!