

I THINK I'M BEING BULLIED WHAT CAN I DO?

Talk to your parents. They are in a good position to offer you advice and/or help you contact the School through your Advisor.

Talk to your Advisor or a teacher you trust about some strategies you can try. They will also let your Year Level Coordinator (YLC) know so they can keep an eye on things.

Did it stop?

Yes

Keep track of the situation as it progresses. It might also be a good idea to let the person who supported you know how things are progressing.

No

The situation needs to be escalated to your YLC.
Your parents or your Advisor can help you speak to your YLC who will explain to you some different ways that the situation can be managed.

Did it stop?

No

Keep track of the situation as it progresses. It might also be a good idea to let the person who supported you know how things are progressing.

Yes

Did it stop?

Yes

The situation needs to be escalated to the Director of Pastoral Care (DoPC) or the Head of Middle School (HoMS). Your YLC will work with the DoPC/HoMS to find a way forward. You will be consulted on how you would like to move forward with any strategies.

No

AM I BEING BULLIED?

Bullying is the persistent and intentional behaviour of harming, intimidating or controlling another person, typically through verbal, physical or psychological means, often with an imbalance of power between the perpetrator and the victim.

Is it deliberate?

No

This may have been a disagreement or a misunderstanding. Sometimes people say things that cause offense, but that's not what they intended to do. You could ignore this, talk to the person, or get some advice from someone you trust.

Yes

Was there an intent to hurt?

No

This may have been a rude moment. Sometimes people say things that are mean. This behaviour is not okay, but if it is a one off, you could ignore this or talk to the person or get some advice from someone you trust.

Yes

Has it only happened once or twice?

No

If it is not ongoing, this might be a rude/mean moment. This behaviour is not okay, but if it is a one off, you could ignore this or talk to the person or get some advice from someone you trust.

If multiple people are only doing it once, it is still considered ongoing and could be bullying.

Yes

Is there an imbalance of power? This imbalance might be a difference in physical size, popularity, maturity or age etc.

No

Someone is being unkind to you. This is not acceptable and needs to stop. You could talk to the person or people involved or get some advice from someone you trust.

Yes

The behaviour you are experiencing is likely bullying.

You should consult the bullying flowchart as a guide to how you can access support.