



**Play The Game**

**Lane Cove Public School**

## **ANTI-BULLYING ACTION PLAN**

**At Lane Cove Public School every person has the right to feel safe and secure.  
Any person who bullies another is denying them that right.**

**The school does not tolerate any action that undermines a person's right to feel safe and secure, and will take whatever steps necessary to endeavour to stop such behaviour.**

**(The full Anti-bullying Plan is located on the school's website: [www.lanecove-p.schools.nsw.edu.au](http://www.lanecove-p.schools.nsw.edu.au))**

### **SCHOOL CONTACT INFORMATION**

Lane Cove Public School  
P O Box 127, LANE COVE NSW 1595  
Austin Street, LANE COVE NSW 2066

Phone: 9427 2155 or 9427 1024  
Fax: 9418 6277  
Email: [lanecove-p.school@det.nsw.edu.au](mailto:lanecove-p.school@det.nsw.edu.au)  
Web: [www.lanecove-p.schools.nsw.edu.au](http://www.lanecove-p.schools.nsw.edu.au)

## **BULLYING IS...**

A clear understanding of what bullying is can help both adults and students deal with the situation more effectively. Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying through information and communication technologies.

Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on gender, age, ethnicity, disability, sexual orientation. Bullying of any form or for any reason can have long-term effects on those involved including bystanders. Conflict or fights between equals or single incidents are not defined as bullying.

### **Bullying behaviours can be:**

- **verbal**, e.g., name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- **physical**, e.g., hitting, punching, kicking, scratching, tripping, spitting
- **social**, e.g., ignoring, excluding, ostracizing, alienating, making inappropriate gestures
- **psychological**, e.g., spreading rumours, facial expressions, hiding or damaging possessions, malicious SMS, social media and email messages, inappropriate use of camera phones.

## **ACTION PLAN**

We can help to control what happens by following this Action Plan for students, parents and staff.

### **ACTION PLAN FOR STUDENTS**

#### **What students can/should do to prevent or deal with bullying:**

- Take a deep breath
- Look directly into the eyes of person attempting to bully
- Speak in a firm, clear voice say loudly "Stop it. I don't like it, go away." or say, "Stop it. That's bullying. It's not O.K."
- If the bullying behaviour continues go directly to your teacher, don't stop, don't be afraid, just report what happened
- Go to the teacher on duty if you are in the playground
- Do not retaliate with physical force
- Do not give in to bullying or give money, favours or goods
- Think of ways to keep away from the bully; talk about this with your teachers

#### **Believe:**

- You can control what happens
- It's not ok to make someone sad
- You can make it stop
- Remember it is not your fault

#### **Think:**

- Bullying - Do something about it
- Bullying - No one likes it
- Bullying - No-one deserves it
- Bullying - No-one needs it
- Bullying - Try and think strong good thoughts about yourself

## **ACTION PLAN FOR PARENTS**

### **What parents can/should do if they suspect bullying:**

- Have a responsibility to understand “what is bullying?”
- Take a pro-active approach and talk with children if they suspect they are victims of bullying
- Be aware of the signs of bullying
- Be aware of the child’s friendship groups
- Approach the school/child’s teacher
- Encourage friendships by inviting children home
- Reinforce that one should not accept being bullied or being a bully is never ok
- Be a good role model with everyone in the community
- Be responsible for encouraging anti-bullying attitudes
- Be understanding and supporting of your child
- Help your child to respond to bullying behaviour by encouraging your child to:

### **Act:**

Stop, think, walk away, talk to a friend, tell a teacher or the principal

### **Say:**

“I’m sorry I hurt you.”

“Stop it! I don’t like it! Go away!”

“Stop it! That’s bullying. It’s not O.K.”

## **ACTION PLAN FOR SCHOOL STAFF**

### **Preventative Measures:**

- Create a warm and safe environment at school
- Educate students about the school’s Anti-bullying Plan
- Communicate clear standards of behaviour
- Encourage students and parents to understand that they have a responsibility to report incidents of bullying to school staff
- Use consistent guidelines
- Active monitoring of students at school
- Be a good role model with parents and students
- Provide specific lessons and role play acceptable behaviour
- Provide network for students
- Conflict resolution and restorative practices
- Explicit teaching in Child Protection, Bounce Back and Life Education programs
- Buddy system for Kindergarten students
- Active student representative council
- Inclusion Support Team interventions including Lunch Club

### **Reporting and Consequences:**

Staff will:

- Use the school’s Discipline Policy strategies to manage inappropriate student behaviour
- Consult with the school executive team, and refer to the LCPS Bullying Response Flowchart
- Referral to school counsellor, involvement of network support staff if required
- Separate the bully from the peer group to disempower the bully

## **RESPONSIBILITIES**

Students and parents have a responsibility to report incidents of bullying to school staff.

School staff have a responsibility to listen to and investigate reports of bullying and follow up within the framework of the school's Discipline Policy (available on the school's website).

Further details of responsibilities can be found in the school's Anti-bullying Plan found on the school's website.

## **ADDITIONAL INFORMATION**

The NSW Government has a number of resources on its Anti-bullying website that are located at <https://antibullying.nsw.gov.au/>

### **Department of Education Policies:**

[Student Behaviour Policy](#)

[Complaint Handling](#)

### **Additional information can also be found on the following websites:**

Kids Helpline 1800 55 1800 or [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Bullying No Way [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

Safe Schools Hub <https://nsw.childsafetyhub.com.au/safe-schools-for-parents-what-to-do-about-bullying/>

National Centre Against Bullying <https://www.antibullyingcrusader.com/support/national-centre-against-bullying>

## LCPS Bullying Response Flowchart



Please see links for additional information regarding bullying prevention and anti-bullying action:

NSW Department of Education - [Student Behaviour Policy](#)

Schooling Initiatives - [Anti-Bullying Resources](#),

Resources and Support - [Child Safety Hub](#), [Bullying No Way](#)