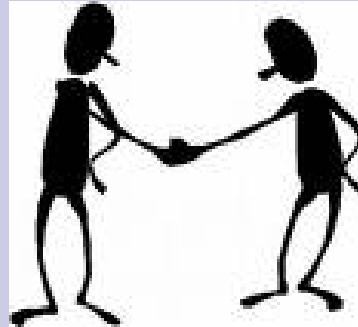


## SUPPORT NETWORK

1. If you feel that you are being bullied you should let the other party know that their behaviour is unacceptable and that you want it to stop. Usually this is enough to ensure that the action or behaviour stops, however you may also choose to discuss the situation and seek further information.
2. Discuss situation with someone sensible who you can trust.
3. Tell your teacher and your parents.
4. Tell your Year Adviser.
5. Fill out harassment form.
6. Inform Head Teacher Welfare and discuss the possibility of Peer Mediation.
7. See the Deputy Principal.



## Working Together



RUTHERFORD TECHNOLOGY  
HIGH SCHOOL  
*Preparing for the Future*

Bullying, harassment,  
violence ....

.... in our school ?

### Remember !!

An harassment free  
school is everyone's  
responsibility

***NO WAY!***



# BULLYING - NO WAY !



This brochure has been designed for students, staff and parents. All students and staff are entitled to work and learn in an environment which is free from harassment.

## What is Bullying ?

1. Comments and actions which cause distress, not only at the time of the incident but also by the threat of future incidents.
2. A misuse of power.
3. It may be:
  - Verbal** - name calling, put-downs, threatening, teasing.
  - Physical** - hitting, tripping, poking, punching, kicking, throwing objects, stealing.
  - Social** - ignoring, hiding, excluding, spreading rumours, ethnic or racial slurs, setting up others to take the blame, embarrassing others, text messages, email, videos/photographs without permission.
  - Intimidation** - stalking, dirty looks, hiding and/or damaging possessions, graffiti.

## What are some strategies to prevent bullying ?

1. Assert your rights.
2. Be aware of your personal power.
3. Tell yourself you are okay, it is not your fault, the bully is in the wrong, not you.
4. Pretend not to hear, avoid the area where it occurs.
5. Imagine a protective layer between you and them - tell yourself "I won't let what they say hurt me".
6. Be assertive - look them in the eye and say "I don't like it when you (name the behaviour) and I want you to stop".
7. Say it loudly, looking them in the eye.
8. Distract or use humour.
9. Ask your friends for support or ideas.
10. Ask an adult for help - talk to a teacher.
11. Talk to your parents and get them to talk to teachers.
12. Leave your valuables at home.

13. Ask your friends to stay with you.
14. Be aware that hitting back may get you into trouble too.
15. Go back for more help if the problem does not go away.

## You need to:

- Stand up for yourself.
- Know it is okay to tell a teacher about what is happening.
- Be supported by the system, school, laws and community.

## Four key actions:

- **SHOW RESPECT**  
..... for others
- **BE RESPONSIBLE**  
..... for your actions
- **COMMUNICATE**  
.. about what is happening
- **BE TOLERANT**  
..... of others