15th March is the **National Day of Action Against Bullying and Violence**.

We will celebrate our School's firm stand against bullying with all years completing activities focussing on anti-violence and anti-bullying.

Bullying is the deliberate action by one person to intimidate another with words, actions or behaviour. Cyberbullying is becoming increasingly common with 1 in 10 children affected. Some statistics say 1 in 4 children report being bullied.

**The impact of bullying on children – both victims and bullies can be significant...**

Kids who are bullied are 9 times more likely to have suicidal thoughts.

Kids who are bullied are 3 times more likely to show depressive symptoms.

Girls who are bullied in early years are more likely to remain victims when they are older.

Children who bully have a 1 in 4 chance of having a criminal record by the age of 30.

**PARENTS CAN PREVENT BULLYING BY...** *(from kidspot.com.au)*

* **Explain bullying**...tell your children regularly how much you disapprove of bullying and why.

* **Forbid bullying**...do not allow any type of bullying in your home.

* **Encourage positivity**...encourage your child to see positives in other students not express contempt or superiority.

* **Model and encourage respect**...model behaviours and values of compassion, cooperation, friendliness, acceptance of difference and respect.

* **Explain rights of others**...emphasise seeing things from another person's point of view and the rights of others not to be mistreated.

* **Report incidents**...report all incidents of bullying that you are aware of, not just involving your own child.

* **Encourage resilience**...develop protective behaviours and resilient social skills in your child, such as speaking assertively, negotiating, expressing their own opinion, using a confident voice and using firm eye contact. Practice regularly over dinner and with new people.

* **Help build friendships**...help your child build and maintain caring and genuine friendships by encouraging positive social activities after school.
* Respect and confidence are key...talk about respect and help children distinguish between people who care about their wellbeing and those that don't. Children require the confidence and skills to avoid people who don't treat them with respect.

* Deal with fear and anger...develop effective ways of dealing with fear and anger instead of internalising feelings and taking them out in negative inappropriate ways.

HOW PARENTS CAN HELP THEIR CHILD WHO IS BEING BULLIED... (from kidspot.com.au)

* Listen to your child, don't dismiss their concerns.

* Discuss with him why he thinks he's being picked on by working out what is making him a target.

* Don't take action unless your child agrees, but if they are physically hurt then you must contact the Police.

* Help him work out some coping strategies - what he can do or say that may help his situation.

* Don't label your child or offer reasons that he may be bullied - he needs your support not more proof of his lack of worth.

* Encourage him to ignore any name-calling - if he's the type of child who cries easily, try to make him understand that name calling can't hurt him if he doesn't let it. He may gain strength in visualising a wall/shield/protective shell around him that will protect him from sharp words.

* Indulge him if he wants to take a new route to school to avoid a bully - if, by doing this, he can deal with the bully and feel safe, then you should support him.

* Contact your child's school if the bullying is happening at school - you can talk to their Year Adviser or the Head Teacher Welfare.

* If you suspect that it's your child's lack of confidence that is making him a target, encourage his self-confidence by focussing on the things he does well.

HOW PARENTS CAN HELP IF YOUR CHILD IS A BULLY... (from kidspot.com.au)

If your child often tries to explain away misdeeds with "We were just having fun...", "She started it...", "He made me do it..." "What! I didn't do anything..." you may have a bully in the making and you must act promptly to make your child understand very clearly that his behaviour is unacceptable and that you won't tolerate it. You need to teach your child to articulate their feelings in a way that doesn't hurt others.
You must take a look at your home life and consider...

* The way you discipline your child - are you using bullying tactics yourself?
* The way you deal with conflict - have you taught your child effective problem-solving skills?
* The ways you communicate with your child - are you positive or negative?
* Whether your child is anxious or frightened about their home life.
* The types and amount of TV/games/computer time they are experiencing - are they being exposed to inappropriate or violent material?

For more information go to our school’s website and view our anti-bullying policy or go to bullyingnoway or kidspot.com.au websites.