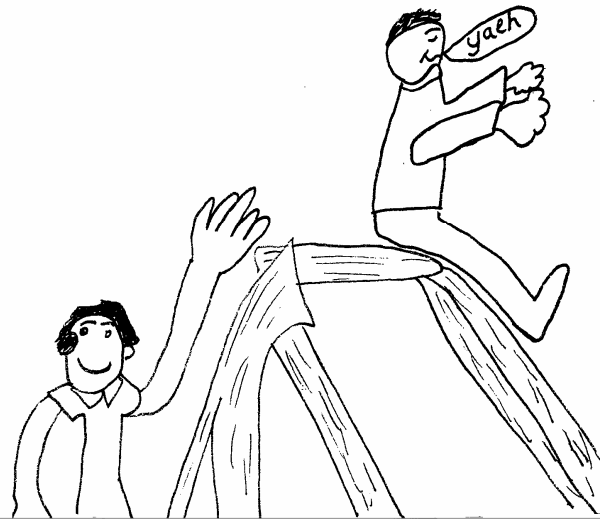


What else can you do to help make  
St Jude's a friendly school?

Vincent Phan (72)



- ⊕ Show kindness and respect for everyone
- ⊕ Play safely and fairly within boundaries
- ⊕ Follow directions immediately
- ⊕ Show respect for property
- ⊕ Sit down to eat and drink
- ⊕ Walk quietly around verandahs and corridors
- ⊕ Wear our correct school uniform properly

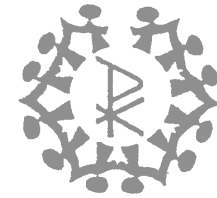
**Remember the Rule:**

**Help make St Jude's  
a friendly school**

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**ST. JUDE'S CATHOLIC SCHOOL**

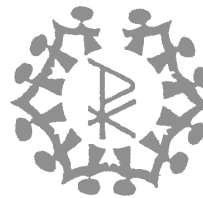
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A Student's Guide  
to  
Countering  
Bullying

**At St. Jude's School we believe:**

- ⊕ Everyone has the right to feel safe and valued.
- ⊕ It is everyone's responsibility to ensure that this right is enjoyed by all.
- ⊕ Bullying is unacceptable and will not be tolerated.
- ⊕ If bullying occurs, we will work with all those involved to resolve the problem.



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St Jude's Catholic School

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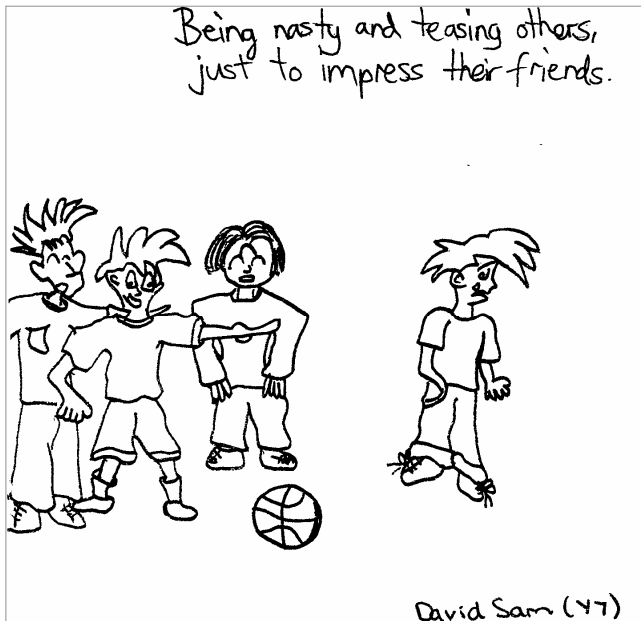
Barnston Way, Langford WA 6147  
Phone: 9458 4547 Fax: 9356 5486

## What is Bullying?

Bullying is being nasty or hurtful to others.

For example, bullying is when a person:

- ⊕ is called hurtful, racist or sexist names
- ⊕ is physically harmed or threatened
- ⊕ is sent nasty notes
- ⊕ is deliberately excluded
- ⊕ is teased repeatedly in a nasty way
- ⊕ is singled out for unfair treatment
- ⊕ is picked on
- ⊕ has their property interfered with
- ⊕ has rumours spread about them



Everyone has the right to feel safe

## What can you do if you are being bullied?

- ⊕ Tell the person to stop
- ⊕ Go to a safe place (the front office, the library, the duty teacher)
- ⊕ Play with some other children
- ⊕ Tell the teacher on duty or your class teacher about it
- ⊕ Ask someone you trust to help you (like Mum, Dad, peer mediator, big buddy)

Asking for help is **NOT DOBBING!**

Tell someone  
if you're being bullied.

**SPEAK UP!**

Never keep bullying a secret



## What will happen if you tell at school?

- ⊕ The person you tell will listen to you and find out what has been happening

Then they may:

- ⊕ Talk to the person who has been bullying you and ask them to think of ways to solve the problem
- ⊕ Get them to apologise and agree to stop bullying
- ⊕ Tell the person's parents what has been happening
- ⊕ Give a disciplinary consequence
- ⊕ Make sure the person who is bullying gets help to learn, for example, how to manage their anger or how to make friends
- ⊕ Problem solve with a small group or the whole class

If you see bullying or if you  
know it is happening, you can ...

- ⊕ Tell the person to stop
- ⊕ Stand near the person being bullied
- ⊕ Take the person being bullied to a safe place
- ⊕ Find a teacher or adult you trust to assist
- ⊕ Try to find a safe way of helping out

See a teacher or peer mediator  
if you and your friends aren't  
getting on