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PRIMARY SCHOOL WALVIS BAY (Incorporated association not for gain) 21/95/0111

WALVIS BAY PRIMARY SCHOOL POLICY ON BULLYING

PURPOSE

- To create a climate in which learners can feel safe emotionally and physically
- To teach the bully what it means to bully.
- To establish why the child is a bully and work in strategies to teach the child not to bully others.
- To teach the victim strategies to not get bullied.
- To teach all children to have self-respect, self-value and to respect and value others.

DEFINITION:

A **BULLY** is a person or a group of people who purposely uses strength, rudeness, unfriendliness or influence to harm or intimidate those who are weaker and does not want to stop with the behaviour after several warnings.

BULLYING CAN PRESENT AS ONE OR MORE OF THE FOLLOWING:

- **EMOTIONAL:** Exclusion, torture with constant teasing, to shame, to dominate, to keep a person from social interacting with friends
- **PHYSICAL:** Kick, push, slap or hitting with the purpose to injure.
- **RACISM:** Racist remarks, graffiti or signs.
- **SEXUAL:** Inappropriate touching or sexual remarks
- **VERBAL:** Name shaming, sarcasm, spread untruthful stories, teasing, swearing and threats
- **CYBER:** Misuse of internet, cell phone, emails or any technology e.g. cameras and videos

SIGNS AND SYMPTOMS OF A PERSON BEING BULLIED:

- Refusing to go to school.
- Making excuses why he or she can't go to school e.g. illness.
- Anxious, scared and unhappy after school.
- Constantly saying he or she hates school.
- Constant blue marks, scratches or cuts.
- Complaining that they don't have friends.
- Refuses to tell parents what happened at school.

- Struggling to sleep.
- Get anxious when a certain child gets closer.
- Scared to meet new people or try new things.
- Withdrawn and no self-confidence.
- Threaten to run away or commit suicide and / or trying to do so.
- Sudden poor academic progress.
- Very hungry when getting home – due to food or money being taken or stolen.
- Behaviour becoming aggressive, irritable, disruptive and unreasonable.
- Starting to bully siblings or friends.
- Stops eating.
- Scared to tell what is wrong.
- Scared to use internet or cellphone.
- Seemed unsettled or anxious when receiving a cyber message.
- Personal belongings stolen or damaged.

REMEMBER: SOME OF THE ABOVE SYMPTOMS CAN ALSO BE DUE TO OTHER REASONS THAN BULLYING AND IT IS THEREFORE VERY IMPORTANT

- Not to react immediately after hearing only one side of the story.
- To report all suspicious signs in order for a thorough investigation to be done.

OTHER REASONS FOR COMPLAINS APART FROM BULLYING:

- Physical marks due to playing too rough.
- Poor sensory skills
- Autistic children struggling to make friends
- Not having the insight to understand certain skills.
- Children with a huge imagination.
- “Black dot” syndrome – children having an obsession to blame another person for their personal frustrations
- Children complaining about things in order to get attention even if it is negative attention.
- Not understanding the difference between an accident and the means to be a bully.
- Have high frustration levels due to struggling academically.
- Some children just don’t not know how to play.

VERY IMPORTANT

- CHILDREN at Walvis Bay Primary School are constantly encouraged to report any type of bullying to a responsible teacher.
- Children Walvis Bay Primary School play in smaller groups with a teacher on duty at each group during breaks and from 7:30 before school.
- All incidents are recorded in a black book available at each playground.
- Walvis Bay Primary School WILL NOT tolerate false accusations.
- NO HEAR-SAY will be considered as evidence or proof of being guilty.

- TAKE NOTE that some of the symptoms noted can be due to very different reasons than bullying.
- Witnesses will be interviewed separately and never in a group.
- The victim will also be interviewed.
- If necessary video footage can also be used to obtain the truth.
- Should it come to the school's attention that a child is being bullied or physically abused at home by family or friends, the matter will have to be reported to the police and social welfare as requested by law.
- The school has a daily program where we teach children how to play.
- The school teaches children constantly how to behave socially correct BUT it has to be reinforced AT HOME.
- Parents will be contacted by the school via telephone, WhatsApp and / or email should there be an incident.
- Parents have to report concerns to the school via email or in writing.
- Parents are not to take matters in their own hands by reprimanding other children or contact parents about their children's behaviour at school.
- Parents are not to react aggressively and disrespectfully after hearing only their child's side of a story.

PROCEDURE AT SCHOOL

- Incidents must be reported to as per the grievance procedure of Walvis Bay Primary School who will then with the help of the teacher try to resolve the matter internally first. They will then contact the parents.
- Should the behaviour continue, the matter will be discussed at the weekly Learner Support Team (LST) meeting and interventions will be planned to resolve the matter. Interventions can then be :
 1. *Parents support at home*
 2. *Behavioural therapy by a professional therapist*
 3. *Medication revision by psychiatrist or pediatrician*
 4. *Time out actions at school can also take place.*
 5. *Should the behaviour continue to be a problem even after several interventions and the behaviour causes physical and/or emotional distress to another child, children in the class or the teacher and teaching can't take place, this child will be requested to find a more suitable this child will be requested to find a more suitable placement for his / her education.*