

Bullying



Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time.

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders.

Behaviours that do not constitute bullying include:

Mutual arguments and disagreements
(where there is no power imbalance),
Not liking someone or a single act of social rejection,
One-off acts of meanness or spite,
Isolated incidents of aggression, intimidation or violence.

Bullying has three main features

It involves a misuse of power in a relationship

EXPLANATION

Conflict or fights between equals are not defined as bullying. Bullying occurs where there is a power imbalance.

It is ongoing and repeated

EXPLANATION

One incident of misbehaviour is generally not defined as bullying. Schools will still respond to all incidents of misbehaviour.

It involves behaviours that can cause harm.

EXPLANATION

Bullying can cause physical, social or psychological harm.
Physical harm can include injury. It can also include theft or damage of belongings.
Psychological harm not wanting to go to school, isolation or anxiety.
A fear of being bullied can create psychological harm.

What does bullying look like?



Examples of types of bullying

PHYSICAL

Hitting, kicking, tripping, pinching, pushing or damaging or stealing belongings.

VERBAL

Verbal abuse, name calling, insults, taunting, intimidation or threats.

SOCIAL

Social exclusion, lying, spreading rumors, unkind facial expressions or body language.

Mean and condescending looks, playing jokes to embarrass and humiliate, mimicking and damaging someone's reputation or social relationships.

CYBER

Cyberbullying is online bullying. It uses technology, including social media platforms.
Verbal and social bullying can be cyberbullying when they occur online.

Cyberbullying includes:
abusive texts and emails,
hurtful messages, including images that have been changed,
sharing personal images and videos without consent and
pretending to be someone else online to be hurtful.

At Parkside, we encourage our students to:
Be Bold Be Kind Speak Up