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## Be an Upstander not a Bystander

An “upstander” is someone who notices when something is wrong and acts to make it right. They speak up when they see someone being bullied and do their best to support and protect them.



Ways you can be an upstander:

- Refuse to be a bystander. Never join in bullying actions.
- Invite someone who is being left out to join you and your friends in an activity.
- Help the person being bullied to talk to an adult.
- Stop hurtful messages and rumours from spreading. Make it clear that you don't think that behaviour is funny or cool.
- Eat lunch with someone who is alone.
- Make friends with people outside your circle.
- Welcome new people to the school.

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## A Message to Parents

This brochure has been written especially for the students of the school. However, it is important that you be aware of our policy toward bullying and the need for joint home-school action when it occurs.

### Protecting Your Child From Cyberbullying

- Set appropriate restrictions and permissions on technology as soon as children are given access. Establishing reasonable limits early on can prevent kids becoming too attached to their computers and phones as they age.
- Discuss online safety and keep an open line of communication with your son or daughter, so that they feel comfortable asking for help should they need it.
- Monitor online usage and keep computers in a common area of your home.
- Advise your children not to respond to any cyberbullying threats or comments online. Instead keep a copy of the messages, along with the email addresses or online screen names.
- Acknowledge your child's feelings about being bullied. The emotional pain is very real and can have long-lasting effects.
- Remind your child about 'Stranger Danger'. They really do not know who they are talking to online.



**HORNSBY NORTH  
PUBLIC SCHOOL**



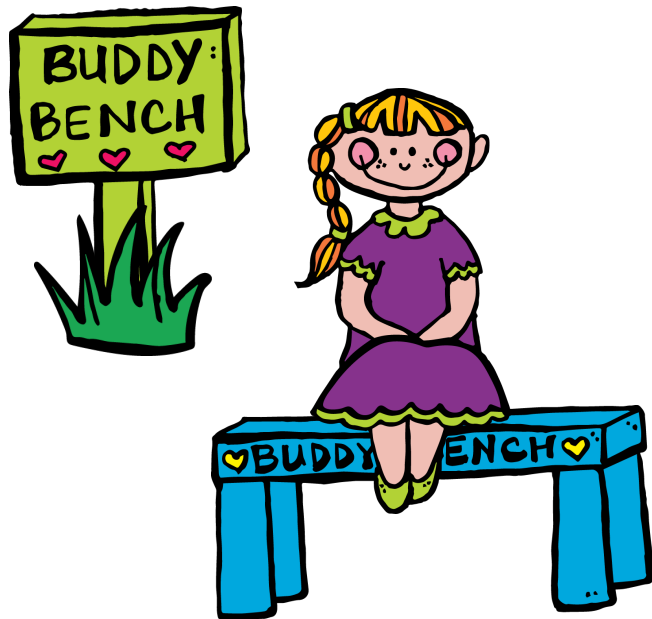
A Guide to Dealing with  
Bullying and Harassment



At Hornsby North Public School all students have the right to learn in a happy and safe environment, free of harassment.

At school we strive to ensure that

- kindness matters
- everyone cares for himself or herself and for others
- everyone feels a sense of belonging
- everyone respects and celebrates individual differences
- everyone recognises that great things can be achieved together



## What is Bullying?

Bullying is when someone **repeatedly** tries to hurt you. It can be:

Physical, verbal, psychological or social

Easy to see or hidden

Face to face or online

For example, bullying occurs when a person is repeatedly;

- called names
- left out
- teased about what they do and what they look like
- sent hurtful notes, messages or emails
- having rumours spread about him or her
- having property hidden, damaged or stolen
- physically hurt
- having graffiti written about him or her

We will **NOT** BULLY others.

## Action Plan

If you are bullied or harassed there are steps you can take.

- 1 Try to stay calm.
- 2 Confidently look into the person's eyes and say in a strong voice, "I want you to stop that. I don't like it".
- 3 If the bullying continues, tell an adult such as your teacher, the teacher on playground duty, and/or your parents.



When someone is being **BULLIED** we will tell an ADULT at School and at Home.