



Cummins Area School
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Cummins Area School Bully Busting

If you are being bullied follow these steps.

1. Self Management

- ◆ Do Nothing
- ◆ Walk Away
- ◆ Laugh it off

If this doesn't work-keep persisting.

If this works →



2. Confront the person who is harassing you.

- ◆ Take a friend with you.
- ◆ Stand up for yourself.
- ◆ Tell them that you don't like what they are doing and you want them to stop.
- ◆ Tell them they are breaking school rules.

If this doesn't work-keep persisting.

If this works →



3. Seek Help.

- ◆ Go to any teacher or parent for help.
- ◆ Tell them everything, (is there a witness?).
- ◆ Decide with them what you will do and see if it works.
- ◆ If they need to take further action they will do so.

If this doesn't work-keep persisting.

If this works →



4. Seek Further Help.

- ◆ Go to the Principal with your teacher, parent or both.
- ◆ Talk openly about the problem.
- ◆ The principal will decide what action to take.
- ◆ Refer the matter to outside authorities.
(Police, Kid's Helpline)

Don't give up. You have the right to feel safe. Keep telling people until someone listens to you and does something about it.

Please refer to the Student Behaviour Management Document under Planning and Reporting for more information.