Welcome…

“FREEZE AND BREATHE”

Parent Forum on Bullying and Resilience at OLSOS
Prayer of St Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master,
grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we are born to eternal life.

Amen.
Prayer John 13:33-35

Children, I shall be with you a little while longer. You will seek Me; and as I said to the others, ‘Where I am going, you cannot come,’ so now I say to you.

A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another”
Mrs Helen Martin

OLSOS Coordinator – Pastoral Care and Wellbeing

Kids Matter
Australian Primary Schools Mental Health Initiative
MMG survey - data

• 2014 parents, staff, Year 5 and 6 children completed survey

• Question: were asked their views regarding the extent to which bullying is an issue at the School.

• Results:

Parents: Of the Parents who responded to the survey

7% Serious problem
18% Moderate problem
43% Slight problem
14% No problem
18% Didn’t know

2014 OLSS Parents - How Much of a Problem is Bullying? cf MMG Parent Database

MMG database Apr 2014
Results:

Staff:
0% Serious problem
21% Moderate problem
75% Slight problem
4% No problem

Students (Years 5 & 6):
12% Serious problem
20% Moderate problem
53% Slight problem
15% No problem
Conclusions:

2 main conclusions were drawn

• When compared to the MMG database, our school community had less concerns regarding serious and moderate bullying in our school compared to the average reported in other schools.

• Secondly, there appeared a discrepancy amongst the school community’s understanding as to what behaviours were considered bullying behaviours and what weren’t.
What is bullying?

• Bullying means **deliberately and repeatedly** trying to harm or cause distress to another person.

• It is unfair and one-sided (unequal balance of power)

• It may involve hurting someone:
  - physically
  - calling them nasty names
  - humiliating or embarrassing them
  - spreading rumours about them
  - playing nasty jokes on them
  - trying to make sure they are left out
  - trying to stop others from liking them

• These actions may occur face-to-face, secretly or by using mobiles phones or the internet (cyberbullying).

• Bullying is often a combination of many different types of these harmful actions.
What bullying isn’t….

- Single incidents and mutual arguments and disagreements between equals, whether in person or online
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

Although it’s neither respectful nor acceptable if someone behaves in a mean or aggressive way on one occasion, it isn’t bullying.

However, these conflicts still need to be addressed and resolved.
### When do we teach SEL?

**During PDH lessons**

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<thead>
<tr>
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<th>K-2</th>
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<tbody>
<tr>
<td></td>
<td><strong>What is bullying?</strong></td>
<td><strong>What are bullying and cyberbullying?</strong></td>
<td><strong>What is bullying?</strong></td>
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<td></td>
<td>How it feels to be bullied</td>
<td>Why do some children bully others?</td>
<td>Put-downs</td>
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<td>Put-downs can lead to bullying</td>
<td>Put-downs</td>
<td>Why do some people bully others?</td>
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<td><strong>Bullying spoils things for all</strong></td>
<td>Peer pressure</td>
<td>Self-protection</td>
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<td></td>
<td><strong>Think for yourself</strong></td>
<td>What can we do about bullying?</td>
<td>Responding to being bullied</td>
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<td><strong>What you can do if bullied</strong></td>
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<td>How can we work together to stop bullying happening in our school</td>
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<td><strong>What you can do to help someone being bullied.</strong></td>
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<td>(student voice)</td>
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<td><strong>Peer pressure</strong></td>
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<td><strong>Mobbing</strong></td>
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<td><strong>Bullying, sport and the law</strong></td>
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**Teaching SEL in English**

- During English using picture books or multimedia clips as a shared text
  - discussing characters emotions, behaviours and identifying the SEL (social and emotional learning) message in the story
• Modelling and reinforcing positive behaviour daily in our school community e.g. through Weekly focuses and KidsMatter awards.
Resources in sample bag
The Protectors

I have my protector tools to protect me, so I’ll be okay.

• **Freeze and breathe** - to stop us saying mean things back to others when they hurt our feelings.
• **A shield** – to help bounce off cruel words.
• **A translator tool** – so that we can imagine the bully is whatever they called us.... and laugh it off.
• We can **energise our power packs** to help ward off bullies by;
  • **Thinking positively**
  • **Acknowledging our strengths and talents**
  • **Be assertive, rather than passive or aggressive**
• **Use positive body language**
  • Stand tall
  • Show that the bully isn’t affecting you
  • Don’t listen; ignore
• **Talk** to parents or teachers if the strategies aren’t working, you feel unsafe or the situation is escalating.
• If someone sends you a mean message on the internet or social media
  • **Block** the sender
  • **Tell** someone
  • **Delete** the message
• Finally, if we are mean to someone else...... **say sorry.**

.....**Remember too that some things are a normal part of life, some are bad luck and sometimes we need to be resilient....**
**Don’t catastrophise!**
Own your own actions

Blame fairly, how much of what happened was due to:

- ME
- OTHERS
- BAD LUCK

Responsibility Pie Chart

- ME 10%
- BAD LUCK 50%
- OTHERS 40%
When things go wrong for you, or you get ‘knocked down’ by what happens in your life, remember that you can decide to BOUNCE BACK! and be yourself again.

**B**ad times don’t last. Things always get better. Stay optimistic.

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset.

**N**obody is perfect—not you and not others.

**C**oncentrate on the positives (no matter how small) and use laughter.

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are a normal part of life. Try not to personalise them.

**B**lame fairly—how much of what happened was because of you, how much was because of others and how much was because of bad luck or circumstances?

**A**ccept the things you can’t change, but try to change what you can first.

**C**atastrophising exaggerates your worries. Don’t believe the worst possible picture.

**K**eep things in perspective. It’s only one part of your life.
<table>
<thead>
<tr>
<th>When I’m angry, I can…</th>
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<tbody>
<tr>
<td><strong>BREATHE DEEPLY</strong></td>
<td><strong>COUNT TO 10</strong></td>
<td><strong>DRINK WATER</strong></td>
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<tr>
<td><img src="image" alt="Breathe Deeply" /></td>
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<td><strong>GO TO THE QUIET SPOT &amp; USE THE COOL DOWN BOX</strong></td>
<td><strong>GET AN ADULT TO HELP</strong></td>
<td><strong>DRAW A PICTURE</strong></td>
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<td><img src="image" alt="Go to the Quiet Spot" /></td>
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<td><img src="image" alt="Draw a Picture" /></td>
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<td><strong>HAVE THINK TIME</strong></td>
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<td><strong>WALK AWAY</strong></td>
<td><strong>IMAGINE A PEACEFUL SPOT</strong></td>
<td><strong>TAKE A BRAIN BREAK</strong></td>
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<td><strong>REMEMBER A HAPPY TIME</strong></td>
<td><strong>TALK TO A FRIEND</strong></td>
<td><strong>SMILE ANYWAY!!!</strong></td>
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<td><img src="image" alt="Remember a Happy Time" /></td>
<td><img src="image" alt="Talk to a Friend" /></td>
<td><img src="image" alt="Smile Anyway!!!" /></td>
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*Created by Kim Kilby at http://confessionsofapinicktahoe.blogspot.com*
Feelings Thermometer – How am I feeling now?

Rage, furious

Angry, mad

Frustrated, confused, annoyed, very sad

Nervous, worried, anxious, upset

Happy, calm, satisfied, elated, pleased, o.k.

STOP

Take 5 deep breaths
Change what you are doing
Go to your calm space
Request help

Take a break
Count to ten and try again
Take 3 deep breaths
Request help

Be positive!
Say ‘I can do this!’ or ‘it’s ok’
Think of something good or your favourite activity

Well done!
Everything is cool!
You’re relaxed, calm and focused.
Antibullying video – Wollongong Diocese
Mrs Carmel Hewitt

Broken Bay Parent – School Liaison Officer
Student Role Plays
Parent - Group Discussions
Carmel Hewitt

- What is one thing that resonates with you from what you've seen?
- What is something that has or might challenge you?
- What is something you would like clarified / or answered / or future direction?
OLSOS School Bullying Policy

Available on School Website (Student Well Being Link)

ANTI-BULLYING POLICY
FOR
OUR LADY OF STAR OF THE SEA
terrigal

March 2015