

## **ANTI-BULLYING INFORMATION FOR PARENTS at RBPS**

**November 2009**

### **What is bullying?**

Bullying is cruel, deliberate, one-sided and persistent behaviour that is intended to hurt and has detrimental effects if left unchecked. It can be physical, emotional, verbal, sexual, racist and even electronic.

### **What is done at RBPS to help learners understand bullying and empower them to handle it?**

#### **Life Orientation:**

Learning Outcomes 2 and 3 cover social and personal development. Topics explored are diverse cultures, religions, self concept, emotions, coping skills and relationships. This is taught at age appropriate levels in each grade.

#### **Assemblies:**

The learners are exposed to numerous presentations in assemblies where teachers look at various values as well as skills in being a solid Rondebosch Boy.e.g. Respect for others, standing up for oneself, perseverance etc.

### **What are the processes in place at RBPS to deal with bullying?**

- 1. Any non-violent, non-racist issue on the playground is dealt with by the Peer Mediators when they are approached. It is imperative for learners to understand that the Peer Mediators can approach them and ask if they need help but the learners must also feel free to call on the mediators to assist them. In most cases where learners opt not to do mediation it is because they do not want to give up their time to deal with the issue.**
- 2. Should the disputants not want mediation and / or one doesn't want mediation then they will be taken to the teacher on playground duty by the Peer Mediator. It is important that boys make use of this channel as four teachers are on duty during every break. Should teachers on break duty see problems, they are bound to intervene and learners can approach the teachers at any stage for help.**
- 3. Likewise, class teachers deal with issues they witness in the classroom or that learners report to them.**
- 4. When teachers feel unable to deal with an issue or in the case of ongoing problematic behaviour, they will approach the grade leader for assistance.**
- 5. Mr Gillmer (Senior Deputy Headmaster in charge of discipline) deals with serious offences and bullying issues referred to him by the grade leader.**

**RBPS approach to dealing with bullying:**

**We deal with both the victim and the bully and endeavour to facilitate understanding and personal development.**

**The bully is be disciplined appropriately and his parents are notified of the incident.**

**When necessary, parents are called in to discuss a collaborative approach to managing their son. If need be, the school counselor becomes involved.**

**A RBPS anti-bullying policy is being developed involving boys, parents and teachers.**

**A child who is bullied should:**

Ask the bully to stop and walk away from the bully/bullies.

If bullying persists, report this to his class teacher.

It is the duty of boys who witness bullying to report it to their class teacher.

**What should you do if your son is bullied?**

If you think your son is being bullied, make every effort to get him to share this with you and reassure him of your support.

Encourage him to stand up for himself, tell the bully/bullies to stop and then walk away.

Encourage him to report the bullying to his class teacher if it continues.

Keep a record of incidents.

If necessary, meet with the class teacher to discuss the matter, and then with Mr Gillmer if the situation is not resolved.

Try to understand possible reasons why your child may be being bullied. Help him with social and assertiveness skills, and to eliminate any habits that may cause him to be picked on. Encourage him in the things he is good at.