

## PEER MEDIATION

If you have a disagreement with another student you can request Peer Mediation.

In Peer Mediation, two Senior students will listen to both sides and negotiate an agreement. The agreement will be signed.

To ask for Peer Mediation, see:

- your Student Adviser or
- the Anti-Harassment Contact Person or
- any teacher

### Poem

Day by day  
The kids I knew  
Were always mean  
Were always cruel  
They spat remarks  
their words were poison  
and I wondered why  
I was chosen.  
Was I defective  
Was I a freak  
Was I the small one  
Not strong but weak  
But even when  
all hope was gone  
I forced myself  
to carry on  
On July 6th  
that wintry day  
I was punched in the face  
I turned around  
tears in my eye  
I wiped the blood,  
and screamed out 'Why?'  
He looked at me  
a questioning glance  
and I knew then  
there was a chance  
I didn't run  
I walked away  
and I knew he didn't  
know what to say  
At home alone  
I put a bandage on  
and I knew right then  
I'd tell someone

I told the teacher  
with my heart in my throat  
how I got  
blood on my coat  
She looked at me  
I looked down  
And for a moment  
there was no sound  
She said "I'm very proud of you  
and don't you worry,  
I know what to do!"  
And from that day  
when I stood up  
and told someone  
what was up  
I never was touched  
or sworn at again  
I even made  
some brand new friends  
I'm not saying  
this will always work  
But even if you  
feel like a jerk  
Turn to your enemies  
Ask them why  
If it doesn't fix it  
at least you tried  
But I know this  
for this is true  
there is nothing  
wrong with you.  
Even though  
you want to scream  
force yourself  
and keep your dreams.

Aaron, senior secondary student

# BULLYING NO WAY!

Year 8



All students and staff have the right to learn and work in a happy and safe environment. Everybody is responsible to see that this happens and no-one need put up with any kind of bullying.

### WHAT IS BULLYING?

Bullying is defined as any kind of ongoing physical or verbal mistreatment where there is an imbalance of power. **Bullying offends, upsets, humiliates or scares another person. It makes the school an uncomfortable and unpleasant place.**

A school without bullying is a place where people respect and tolerate the rights and differences of others.

**Everyone should be encouraged to be assertive and not accept, tolerate or suffer any form of bullying in the mistaken belief that if ignored it will disappear.**

Remember there is someone who cares for you,  
somewhere you can go. Everybody has worth!

Year 11

Katoomba High School accepts responsibility for providing a safe and secure environment. This pamphlet has been written to enhance the learning and teaching environment for all students and staff.

# KATOOMBA

## ALSO:

- It is the responsibility of all students to respect the rights of others and never encourage bullies. If you become aware that another student is being bullied, help prevent it by offering your support to the person being bullied. You can do this by:
  - refusing to join in with any bullying activity
  - backing them up or supporting them to say 'stop'
  - speaking with a teacher
- Consider the feelings of others and be aware of individual differences.



Nadia, Year 10

If you wish to find out more visit  
<http://www.bullyingnoway.com.au>

- Make sure you know and understand your own and others' rights and responsibilities.
- Respect the personal space of others.
- Be confident in yourself.
- Discourage unwanted physical contact.
- Learn conflict resolution and negotiation skills.
- Be informed about bullying.

## RESOLVING BULLYING ISSUES

### STEP 1

- 1 If you can, BE ASSERTIVE. In a firm and polite way, clearly tell the person(s) to stop. You should also tell them that you do not like what they are doing and that it is not OK with you or the school.



Ellena Year 9

### If unsuccessful

### STEP 2

- 1 Contact a teacher or Student Adviser or the Anti-Harassment Contact person (Ms Mansell). You and the teacher may complete a written report. The report will describe the bullying incident/s, who is bullying and
- 2 the teacher will take action to stop the bullying. This action may include mediation, counselling, anger management strategies and/or disciplinary action.

### If unsuccessful

### STEP 3

- 1 The teacher or Student Adviser will pass the report onto the Deputy Principal.
- 2 The Deputy Principal will take action to stop the bullying. This action may include mediation, counselling, anger management strategies and/or disciplinary action.

All documents relating to the bullying incident/s will be filed under the students' names.

**KATOOMBA**