



# Nelson Park School

Term 2 2022

## Bullying and Online Bullying

Bullying is deliberate, harmful behaviour that is repeated, or continues over a period of time. It often involves a power imbalance and it is difficult for those being bullied to defend themselves. Bullying is a form of **harassment**, and usually refers to intimidating behaviour between school students, but may involve staff. If an incident involves both staff and students, the **harassment complaints procedure** is followed.

All members of the school have a responsibility to recognise bullying and **online bullying** and to take action when they are aware of it happening. Maintaining awareness is important as bullying can be subtle and hard to recognise but small acts are still harmful over time. Nelson Park School aims to create a safe environment but if students are being bullied, they need to feel supported and know what to do.

Bullying may be defined as:

- physical, e.g. hitting, kicking, taking belongings
- verbal, e.g. name calling, insults
- social/relational, e.g. spreading nasty stories, excluding from groups, making threats
- identity-based, e.g. racist, sexist, religious, ableist, sexuality and gender-based.

### Prevention and response

At Nelson Park School we:

- create a **safe, inclusive**, and respectful environment
- identify bullying behaviour, and do not tolerate it
- **recognise diversity** and avoid cultural bias
- work to eliminate racism, discrimination, and stigma in education
- promote **digital citizenship** by teaching students about safe and responsible technology use, such as:
  - activating privacy settings on social media sites
  - only giving personal information to people they know and trust
  - using available online safety options (e.g. website blockers and email/spam filters)
  - avoiding sharing images of themselves they wouldn't want distributed further
  - talking to an adult they trust (parent, teacher, etc.) or contacting a support service like Netsafe if they feel bullied or need help with a digital incident
  - knowing how to contact a service provider to report abuse or problems.

Nelson Park School deals with incidents of bullying and online bullying through our school's **Behaviour Management plan**.

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### Related topics

- **Responding to Digital Incidents** ✓
- **Digital Technology and Cybersafety** ✓
- **Inclusive Education** ✓
- **Recognition of Cultural Diversity** ✓

- Harassment 
- Student Wellbeing and Safety 
- Supporting Student Wellbeing 






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## Legislation

- Harmful Digital Communications Act 2015
- Privacy Act 2020

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## Resources

- **Bullying-Free NZ**  (information and resources for schools, parents and whānau, and students)
- **Bullying prevention and response: A guide for schools 2015** 
- Netsafe: Incident support for **Young People** and **Schools** 
- New Zealand Police: **Kia Kaha** 
- TKI: **PB4L (Positive Behaviour for Learning)** 

**Release history:** Term 4 2021, Term 4 2020, Term 1 2019, Term 3 2017, Term 4 2016

*Last scheduled review* Term 3 2021  
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*Topic type* Generic - can be tailored