



STUDENT INFORMATION

Is it Arguing or Bullying?

Having arguments or cross words with other students never feels good. Sometimes it's difficult to fully understand the reasons and it can make you feel unhappy. When things seem hurtful they don't always immediately fall into the category of bullying. It's important when using the word 'bullying' to understand what is NOT bullying.

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Is it Arguing or Bullying?

How can you tell if someone is being bullied?

This chart can help you decide if it's bullying or something else.

Joking Around:

- Everyone is having fun.
- No one is getting hurt.
- Everyone is participating equally.

One Time Thing:

- Someone is being mean on purpose.
 - It's a reaction to a strong emotion or feeling.
- It happens once and doesn't repeat itself.

Arguing:

- Two people with a balance of power that have a fight, argument, or disagreement.
- A solution can usually be found.

Bullying:

- Repeated, unwanted aggressive behaviour towards someone.
- Someone is being hurt on purpose.
- Can be social, verbal, physical, or cyber.



Even if it's **NOT** bullying it doesn't necessarily mean that it's acceptable. All students should try to act in ways that don't hurt others. We all experience arguments. We all argue and arguments happen in and out of school.

While Joking Around, One Time Thing and Arguing are not ideal, they are not bullying.

If you have fallen out with another student there are lots of things that school can do to help. Step one is to tell an adult about it. Together we can sort it. One way we do this is to complete a Restorative Justice Peer Resolution. This helps students communicate, take responsibility and resolve issues.

What is Bullying?

Bullying is a pattern of behaviours which are deliberate and intended to hurt or humiliated. There is an unequal balance that makes it difficult for the student to defend themselves. It can happen face -to-face or through cyberspace and comes in many different forms. It happens regularly.

The most common form of bullying are:

Physical

Punching, hitting, slamming, socking, spitting, slapping

Verbal

Put downs, nasty statements, name calling, taunting, racial slurs or hurtful comments, threatening

Emotional

Excluding, Shunning, spreading rumours or mean gossip, ruining your reputation

BULLYING

Sexual

Saying or doing things that are disrespectful in a sexual way

Cyber

Using the internet, social media, text messaging, e-mail and other electronic mediums to say mean or embarrassing things

The key point is that bullying is targeted, intentional and repeated.

Bullying is a pattern of behaviours. This is what makes it bullying and not an argument. Until a pattern of physical, verbal or emotional behaviour has been established, bullying has not occurred.

If you think you are being bullied there are lots of things that school can do to help. Step one is to tell an adult about it. Together we can sort it. Step 2 will be to complete a Allegation of Bullying Log. This will form the basis of a thorough investigation.

What Next?

Having read this leaflet carefully you now need to decide whether you think it's a Joking around, One Time thing, Arguing or Bullying.

Having made this decision you need to let School know what you want to do next.

Do you want to:

1. Complete a Restorative Justice Peer Resolution?

Or

2. Step 2 - Complete an Allegation of Bullying Log?