

The Pines School Student Grievance Procedures

What to do if you have been harassed or bullied (physical and verbal) or you are concerned about an issue at school.

1. You can deal with it yourself (but always get help from a teacher for violence)

For example:

- Stay calm
- Try to 'talk it out'
- Walk away and let it go
- Go to another activity
- Use confident body language
- You might negotiate or compromise
- Talk about it at class meeting
- Tell the person who is harassing to stop – use an 'I' statement
 - "STOP IT! I don't like it!"
 - "You need to stopme. Stop it!"
(name the behaviour)



2. Get help and talk to someone you trust who can help you solve the problem.

For example talk to:

- Any teacher or staff member
- School Counsellor
- Parents/Caregivers
- Brothers or sisters
- Kids Helpline (1800 55 1800)



****If the harassment or issue continues.....**

KEEP REPORTING! DON'T GIVE UP!

