

# WELLBEING SUPPORT ISSUES

## WHAT DO I DO IF I AM NOT FEELING SAFE?



### DO:

- REPORT CONCERNS TO A TRUSTED ADULT AT SCHOOL AND HOME
- CLOSE DOWN OR IGNORE UNHEALTHY CONVERSATIONS
- SAVE EVIDENCE OF BULLYING OR HARRASSMENT TO SHOW SET
- BE WITH TRUSTED PEOPLE AT SCHOOL

### DON'T:

- BE IN UNSUPERVISED SPACES OR MISS CLASS WITHOUT PERMISSION
- LEAVE SCHOOL WITHOUT PERMISSION
- BE OUT OF BOUNDS OR EVEN OUT OF SIGHT OF A TEACHER
- DISCUSS YOUR CONCERNS WITH PEOPLE YOU DON'T TRUST

### DO:

- BE WHERE TEACHERS ARE- IN CLASS AND ON THE PLAYGROUND
- BE CLOSE TO THE MAIN BUILDING AND IN SIGHT OF A DUTY TEACHER AT RECESS AND LUNCH
- FOCUS ON POSITIVE THINGS
- GET TO AND FROM SCHOOL WITH A TRUSTED PERSON

### DON'T:

- KEEP CONCERNS TO YOURSELF
- KEEP UNHEALTHY CONVERSATIONS GOING
- RESPOND TO UNFRIENDLY TEXTS OR MESSAGES
- ENGAGE IN NEGATIVE CYBER COMMUNICATION

# WELLBEING SUPPORT ISSUES

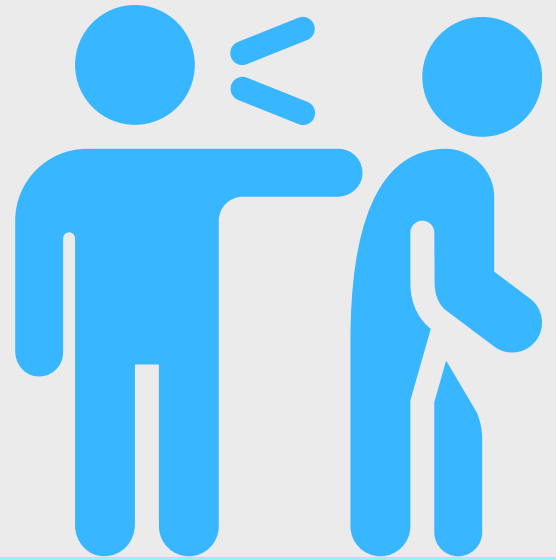
WHAT DO I DO IF I LOSE SOMETHING  
OR SOMETHING IS STOLEN?



1. Look in all the obvious places and ask your peers
2. Ask the Front office if your belongings have been handed in
3. Report the loss or theft to SET with a description of the missing goods and the circumstances you lost them
4. Check in over the next few days to see if anything has been handed in

# WELLBEING SUPPORT ISSUES

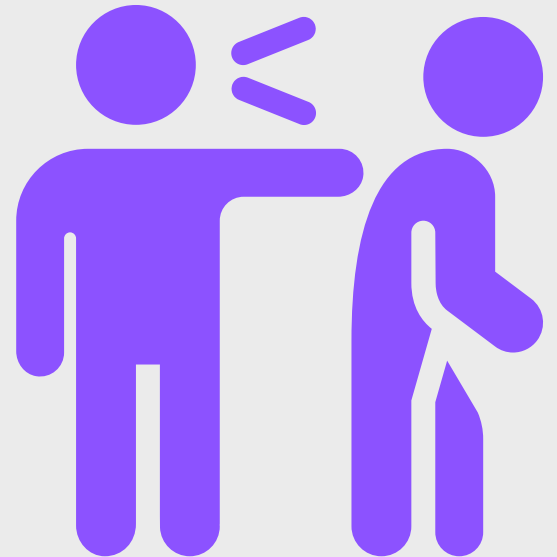
WHAT DO I DO IF I AM BEING BULLIED  
OR HARASSED (IN CYBERSPACE OR  
IN PERSON)?



- Move away from the bully and ignore
- Assert yourself by telling the person to cut it out. Don't argue; simply tell them clearly
- Tell someone about what's happening - a friend, parent Youth Leader, Tutor Teacher, or anyone in a caring role
- Report your concerns to SET. you may be asked to complete an incident report and the incident will be kept on set records
- Keep any evidence of bullying or harassment to show SET
- Keep a diary of events and share these entries with a parent/carer or a teacher

# WELLBEING SUPPORT ISSUES

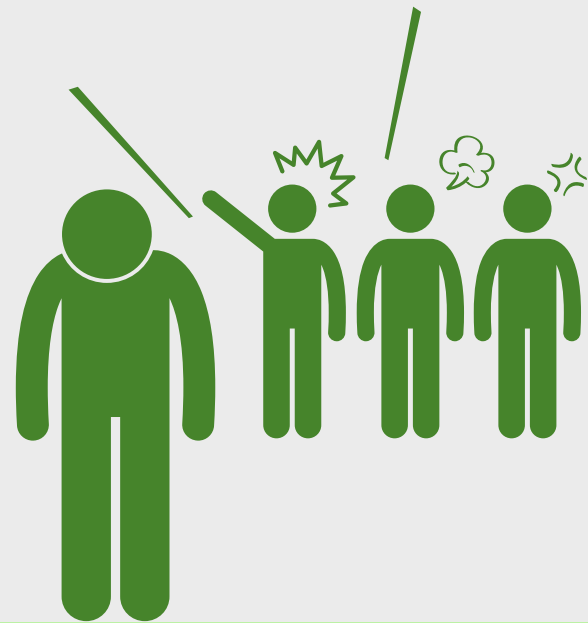
## WHAT IS SET LIKELY TO DO IN RESPONSE TO REPORTS OF BULLYING OR HARASSMENT



- This depends on the nature and severity of the incident. Typically SET will do one or more of the following:
- Work with you to see how you would like it managed
- Investigate the incident
- Inform parents
- Notify relevant staff
- Put in place safety measures that may include some form of exclusion for the bully
- Offer mediation or a restorative discussion
- Check in with the victim and bully in the weeks after the incident

# WELLBEING SUPPORT ISSUES

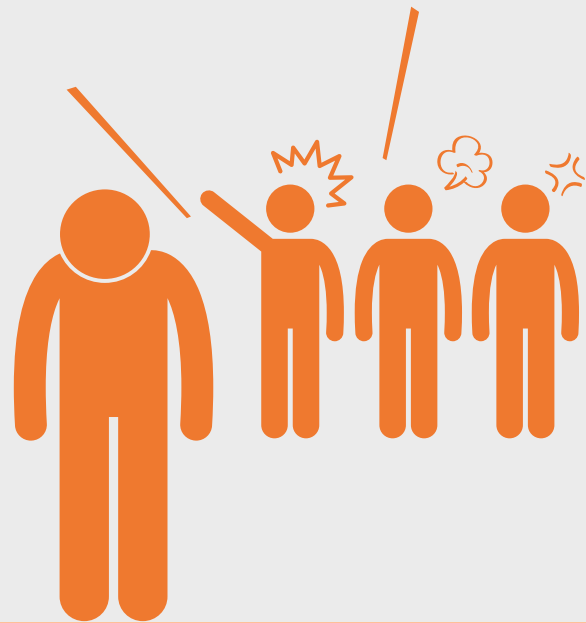
## WHAT DO I DO IF I AM BEING SEXUALLY OR RACIALLY HARASSED



- Move away from the person and ignore
- Assert yourself by telling the person to stop. Don't argue; simply tell them clearly
- Tell someone about what's happening - a friend, parent, Youth Leader, Tutor Teacher, or anyone in a caring role
- Report your concerns to SET. You may be asked to complete an incident report and the incident will be kept on set records
- Keep any evidence of harassment to show SET
- Keep a diary of events and share these entries with a parent/carer or a teacher

# WELLBEING SUPPORT ISSUES

## WHAT IS SET LIKELY TO DO IN RESPONSE TO REPORTS OF SEXUAL OR RACIAL HARASSMENT



- This depends on the nature and severity of the incident. Typically SET will do one or more of the following:
- Refer the matter to a Safe and Supportive Schools Contact Officer (SASSCO)
- SASSCO to investigate
- Parents/carers informed
- SASSCO to run the harassing student through an educative process
- Consider safety measures that may include sanctions
- Provide you access to external supports