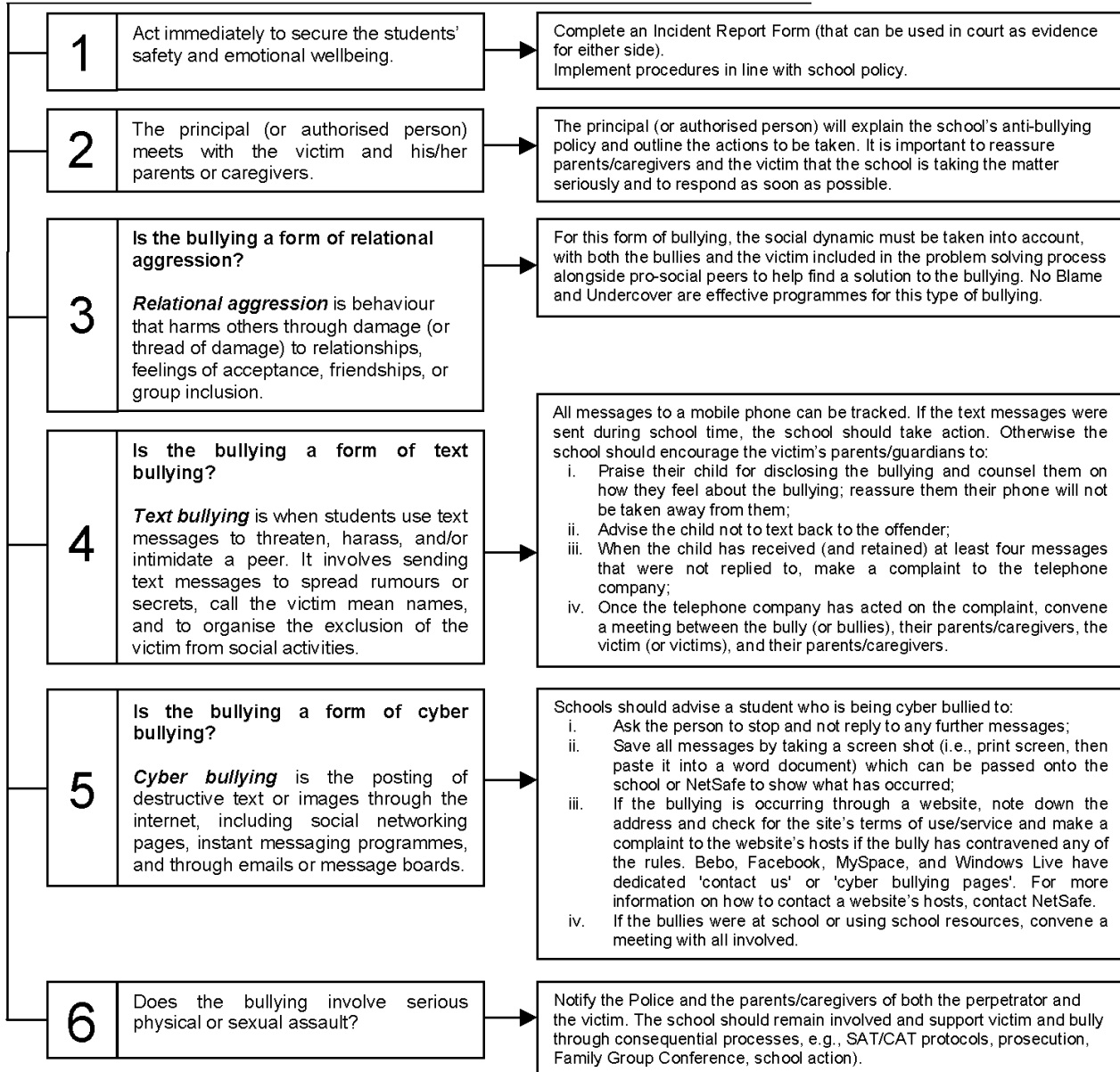


Bullying is deliberately harmful behaviour, repeated over a period of time, by a person or group, who target a less powerful person as the victim. In other words, bullying occurs when one child consistently targets another for negative treatment and the victim feels powerless to stop the interaction. The hurtful actions can be: (1) physical, such as hitting and punching; (2) verbal assaults, for example, teasing, taunting, threatening and name-calling; or (3) indirect, such as psychological exclusion from friendship groups or spreading rumours.

In the first instance schools need to determine the type of incident according to the definitions of bullying, and then refer to its bullying policies and procedures to determine the course of action, including disciplinary procedures when required. Regular self-reviews of the school climate, programmes and strategies to prevent bullying are also necessary.

**What process is most effective for schools when bullying occurs?**



**Figure 2: Suggested action to take for bullying**