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| |  | | --- | | Bowral High School- Anti Bullying | | Bullying is a big issue in Australian schools. All students have the right to feel safe at school, whilst online and in all other social environments.  Bowral High School has a highly trained Wellbeing Team, there to counteract bullying behaviours and support students who have been victimised.  Read through the following information to see who makes up the Wellbeing Team and how they can support you. | |  |  | |  | | --- | |  | |  | |  |

WHIN

The Wellbeing Nurse works closely with the school’s wellbeing and learning and support teams. They also work closely with local health and social services to support students and their families on a wide range of health and wellbeing issues. They can assist you by:

* Identifying your health and social needs
* Providing strategies in managing emotions
* Referring you to outside agencies and health professionals

Student Support Officer (SSO)

SSOs support student wellbeing by helping students develop their social and emotional skills and build resilience, coping skills and positive relationships.

They can assist you by:

* Listening to your concerns
* Providing strategies to help manage bullying
* Providing strategies in managing emotions
* Supporting you to speak with Year Advisors and Deputies
* Speaking with your parents/carers
* Facilitating peer mediation
* Regular check ins

Deputy Principals

Deputy Principals encourage a culture of support for all students by fostering respect, responsibility and fairness.

They can assist you by:

* Referring students/families to internal and external support services
* Monitoring wellbeing and attendance at learning and support team (LST) meetings
* Providing consequences for negative actions

Year Advisors

Year Advisors look after the wellbeing of all students in the year group.

They can assist you by:

* Listening to your concerns
* Taking statements from all parties involved
* Addressing any safety or wellbeing concerns
* Contacting parents/carers
* Facilitating peer mediation
* Referring incidents to the wellbeing team and/or deputies

Counsellor and Psychologists

School counsellors and psychologists provide psychological counselling, assessment, and intervention.

They can assist you by:

* Providing individual (and sometimes group) counselling to students
* Listening without judgement
* Supporting social and emotional needs of students
* Helping with strategies to manage and cope with problems
* Referring to other agencies for support
* Assessing safety and wellbeing of students and develop safety plans

Bullying- Where can you go?

**Year Advisor**

Your Year Advisor is the number one person to approach if you are experiencing bullying. They will provide you with support and assist you to find a solution to your problem.

This may include collaborating or referring you to engage with other members of the wellbeing team.

Deputy Principals

Counsellor and Psychologists

WHIN

Student Support Officer (SSO)