

Helping you get the most out of school

As a student, what can I do to get the most out of school?

Get involved in as many things as you can at school, enjoy yourself and have FUN!

Try to get on with all your teachers and classmates and be as helpful as possible to others.

School rules exist for your safety and wellbeing. Make sure you:

- support school rules and encourage others to do so
- know why these rules exist, and if you are unsure, ask a teacher or the Principal to explain
- are clear about how the teacher expects you to behave in the classroom and in the school yard
- negotiate classroom rules and discuss them with your teacher and fellow students
- discuss problems such as bullying and harassment with teachers and with your friends at school.

Sometimes bullying and harassment occurs at school. What can you do if this is happening to you or your friends?

Identify people in the school who you feel comfortable with and let them know immediately if you feel you, or someone else, is being bullied or harassed. You may want to talk to:

- your classroom or support teacher
- the school counsellor
- the school nurse
- the wellbeing officer
- the Aboriginal and Islander education worker (AIEW)
- the school constable
- the home liaison officer (HLO)

Ask your teacher what is meant by bullying and harassment and bystander responses. Your teacher can help you understand what these mean.

Make sure you talk to your parents or someone at home about school. Talk about the good things as well as things that bother you. If you are being bullied, let your parents know.

Useful websites

www.psychology.org.au/publications/tip_sheets

<http://cms.curriculum.edu.au/mindmatters>

www.bullyingnoway.com.au

www.families.nt.gov.au

www.kidsafe.com.au

www.kidsmatter.edu.au

For further information on Safe Schools NT visit www.safeschools.nt.gov.au

You have the right to feel safe and happy at school whether in the classroom or playing outside.