

A case study of good practice

Northmead High School

<p>Case study title</p> <ul style="list-style-type: none"> Title of your case study. 	<p><i>STOP program</i></p>
<p>Background information</p> <ul style="list-style-type: none"> Describe your school context. For example 'We are a small primary school of 90 students in a coastal farming community'. 	<p>Northmead HS is a comprehensive secondary school in Western Sydney Region, with approximately 720 students from very varied cultural and socioeconomic backgrounds. We have a focus on the creative and performing arts.</p>
<p>Aims and rationale</p> <ul style="list-style-type: none"> Details of the issue to be addressed. For example, what was happening? ie increasing tension as some groups felt their beliefs weren't being respected. 	<p>A few years ago, we noticed the referrals to Executive and welfare staff for bullying related issues which indicated the need for systems levels interventions. It was expected that whole school initiatives would be more effective than individual responses alone.</p>
<p>Getting started...</p> <ul style="list-style-type: none"> How did you decide to address the issue? For example, through improving relationships between cultural groups, developing a more inclusive curriculum. What research basis/other programs did you use as a basis for your initiative? 	<p>In 2003 a team (Head Teacher Welfare, Deputy Principal, school counsellor and teachers) formed to:</p> <ul style="list-style-type: none"> research best practices in anti-bullying responses and investigate bullying behaviours in the school population. <p>Staff, all students, and interested parents were surveyed to inform appropriate interventions. The survey identified the need to increase:</p> <ul style="list-style-type: none"> help seeking behaviour, peer support, immediate teacher response in the school community.
<p>How we went about it...</p> <ul style="list-style-type: none"> Who has been involved? For example, in planning strategies and applying them. What actions have been taken to address the issue? How long has it taken? For example, timelines. 	<p>The anti-bullying team formulated a two year plan that included teacher education, student education, peer leadership, streamlined reporting and response procedures and promotion of the <i>STOP</i> approach throughout the school.</p> <p>Stand up for yourself Tell a teacher Offer to help Prepare a statement</p> <p>Drama presentations and discussion groups have been a central part of the student education program. Students were surveyed at the end of the two year period (2005) to evaluate the programs.</p>

<p>What we are learning...</p> <ul style="list-style-type: none"> • What has changed? For example, outcomes for students, staff and community members. • Comment on any related issues. • Refer to evidence where possible. 	<p>The results of the survey in 2005 indicated significant improvements. The original 2003 data related to bullying behaviours at Northmead HS were very consistent with data collected in other studies across Australia.</p> <p>The 2005 survey found a decrease in the incidence of bullying, an increase in peer support, and an increase in effective teacher response.</p>
<p>Where to from here...</p> <ul style="list-style-type: none"> • How does your school community plan to maintain/improve the present situation? • Are you going to use the solution in any other area? • Would you do anything differently next time? • Any suggestions for other communities? 	<p>On the basis of these very positive results, the programs have been continued during 2008, with variations according to current school needs in the different year groups. The anti-bullying team has been rejuvenated with new members. Anti-bullying programs are trying to link more with other peer support programs in the school and are hoping to broaden to incorporate wider resilience building approaches.</p>