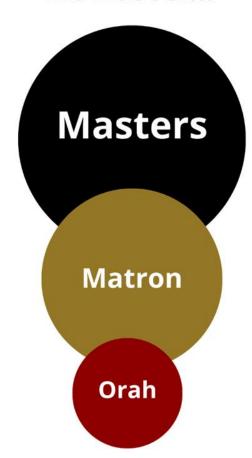
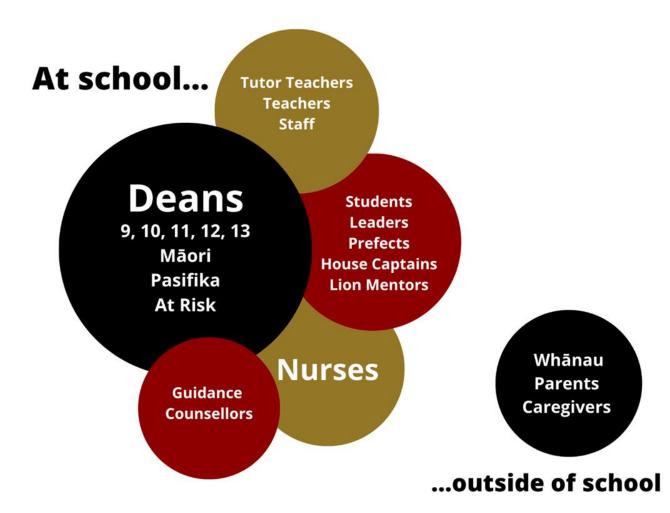
# HELP at HBHS

Understanding inappropriate behaviour

Hostel Presentation Tuesday 4th of June, 2024 - Term 2, Week 6 HBHS Guidance Counsellor - Miss Jess Weller

### At hostel...





Being forced to do things you don't want to do when you know they are wrong

Constant Teasing Taking or touching your things without permission

- property
  - food
- clothing
  - body

When you ask someone to stop doing or saying something and they don't stop

Mean spirited comments, jokes and 'banter'

2 against 1 or group / pack mentality

# This is Bullying

Bullying is when people repeatedly and intentionally use words or actions against someone or a group of people to cause distress and risk to their wellbeing

It is important you tell a trusted adult if these things are happening to you

# **Physical**

Pushing / Shoving
Kicking / Punching
Inappropriate Touching

# **Online**

Messaging
Blackmail
Imagery Sharing
Making fake profiles
Group chats
Slides
Screen shots

# <u>Verbal</u>

Name Calling
Racist, Derogatory,
Homophobic,
Sexualised and or
Inappropriate
Comments / Threats

#### Some examples of things that have happened in Hostel and have got out of hand



If possble, leave the situation safely.

Immediately seek help from a trusted adult.

I don't think it is bullying, however it doesn't seem right

Is this behaviour inappropriate?

If it feels wrong, trust yourself that it is.

Behaving inappropriately with devices

Showing or sharing imagery or content with you and asking you to share similar content

Touching you without consent in areas that make you feel uncomfortable

Behaving inappropriately in private areas - dorms, bathrooms, toilets, changing areas

Telling you to not tell anyone what they are doing and that it is a secret

You don't feel safe when you are around them because of what they say or do and or make you do

Watching you do
personal things like
showering,
changing and
or toileting and taking
pictures / filming
you while doing it

# **Physical**

Inappropriate touching
in private areas
Humping / Rubbing
Removing your clothing
Asking to be touched

## **Online**

Messaging / Emailing
Imagery & Video
Sharing
Airdropping

# **Verbal**

Suggestive,
Sexualised and or
Inappropriate
Comments
Threats
Asking you to
keep secrets



You all have the right to say no to:

- unwelcome touching
- play fighting
- physical activity
- conversation

and anything else that makes you feel uncomfortable

## Wherever there are young people...



It's <u>OK</u> to touch your own (in private on your own)

It's Not OK to touch someone else's

It's <u>Not OK</u> for someone else to touch yours (without your permission)

#### It is really important that we...



When getting changed

**Washing ourselves** 

• including bathing or showering

Going to the toilet

When using the Internet and Social Media

We keep our personal information private - including our name, address, school and passwords

We don't share personal or intimate images (Nudes)

Check with a parent or caregiver before signing up to anything

Check with a parent or caregiver before meeting an online friend in person





Masters Matron Hostel Leaders



free call or text any time for support from a trained counsellor

# Questions?

Come to see the Guidance Team in the Student Services Building

Email us at counsellors@hbhs.school.nz