

SOUTHESK PRIMARY SCHOOL ANTI-BULLYING POLICY

The aims of our school policy can be divided into two main categories:

PREVENTION

- Creating a positive and inclusive ethos
- Including anti-bullying messages in all areas of the curriculum
- Promoting anti-bullying as the responsibility of all staff
- Promoting a culture where bullying behaviour is unacceptable
- Teaching pupils how to recognise and report bullying

INTERVENTION

- Peer mediation
- Circle time
- Circle of Friends
- Shared concern approach
- Partnership with parents
- Consequences linked to the school's Relationships policy
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REPORTING INCIDENTS

- Please report any concerns to the Depute Head Teacher or Head Teacher
- We will agree upon the action to be taken and how you will be kept informed of progress
- We will monitor progress within agreed time-scales and work together towards a resolution
- If necessary we will access support from other agencies

For further information:

respectme, Scotland's Anti-Bullying Service
www.respectme.org.uk

Childline, a confidential service for parents and carers
www.childline.org.uk

ParentLine, a confidential service for parents and carers
www.parentline.org.uk

HandsOnScotland, an online resource for anybody working with children
www.handsonscotland.co.uk



Anti-bullying



Southesk Primary School



A guide for parents and carers

WHAT IS BULLYING BEHAVIOUR?

There isn't any one single type of behaviour that defines bullying; it comes in many different forms, which can include:

- **Being called names, teased, put down or threatened**
- **Being hit, tripped or kicked**
- **Having belongings stolen or damaged**
- **Being ignored, left out or having rumours spread about you**
- **Receiving abusive text messages or emails**
- **Being targeted for who you are or who you are perceived to be**

When talking about bullying behaviour it's never helpful to label children as 'bullies' or 'victims'. We need to explain why the behaviour is wrong so they can change it—it's easier for the adults in their lives to support them to change, than it is to shake off a label.

WHAT SIGNS SHOULD I LOOK OUT FOR?

There are a number of signs that may indicate that a child is being bullied:

- **They become withdrawn**
- **They have scratches and bruises that can't really be explained**
- **They don't want to go to school or they are having trouble with school work**
- **They don't want to go out or play with friends**
- **Changes are made in the route they take to school**
- **They complain of headaches, stomach aches and other pains**
- **They become easily upset, tearful, ill-tempered or display other out-of-character behaviour**

Of course this list is by no means exhaustive, and displaying some of the above symptoms won't necessarily mean your child is being bullied. But as apparent, you will know better than anyone if there's an unexplained change in your child's behaviour.

SO WHAT SHOULD I DO? TOP TIPS!

- **Don't panic**—remaining calm supports good listening and is reassuring for your child
- **Give your full attention**—this is reassuring and shows you are taking them seriously
- **Explain the reasons for your concern**—feeding back sensitively what you have noticed can help your child to see more clearly how bullying is impacting on them
- **What do they want you to do?** - exploring this will make your child feel valued and will help you to understand what support they need
- **Keep listening!** - if they are reluctant to talk straight away, remind them that you are always available to listen and they can talk to you any time
- **Children often 'test' adults to see how they will react to smaller issues**—if you react well to these, they're more likely to come to you when something is wrong