

**BULLY
FREE
ZONE!**

Heathhall Anti Bullying Guidance

As stated in our school values, at Heathhall we strive to make sure all our pupils feel:

Safe
Happy
Nurtured
Respected

This policy has been compiled after working with pupils, parents and staff to identify what should be in the policy that would make it easy to read for all those looking for information and help. The best way to combat bullying is having a school ethos which builds on trust, respect and honesty. Our pupils through our SHANARRI(safe/healthy/achieving/nurtured/active/responsible/respected and included) work have conversations that can take place early on and give pupils an alternative voice to disclose worries and concerns.

At Heathhall all adults strive to establish open, positive and supportive relationships where our children feel safe secure, listened to, and secure in their ability to discuss sensitive issues. It is essential that adults (at school and home) model behaviour which promotes health and wellbeing; and understand anti-discriminatory, anti-bullying, and child protection policies.

Definition of Conflict

Conflict can occur on a daily basis when children fall out over the toys/game they are playing or an argument with a friend. At Heathhall we work with the children to identify what scenarios could be a conflict and then discuss strategies to help them. We use restorative practices to guide and support children when challenges occur from the early years to P7.

Definition of Bullying

At Heathhall we define bullying as a repeated behaviour by a single person or group towards another person.

Bullying can be a complex behaviour which leaves people feeling helpless, frightened, anxious, depressed or humiliated. It should be defined by the person or people affected. It is therefore not always easy to narrow down behaviours into a definitive statement that will cover all actions and situations. However, it is important to recognise and acknowledge bullying behaviours so you can identify them when they are happening.

Bullying behaviours can include:

- Being called names, teased, put down or threatened.
- Being hit, tripped, poked or kicked
- Having belongings stolen or damaged
- Being ignored, left out or having rumours spread
- Receiving abusive text message, instant messages or e-mails
- Making you feel like you are being bullied or fearful of being bullied
- Being targeted because of who you are or who you are perceived to be
- Being targeted because of others you are associated with

Forms of Cyberbullying

This form of bullying usually takes place in addition to the more familiar forms of face to face bullying and can include:

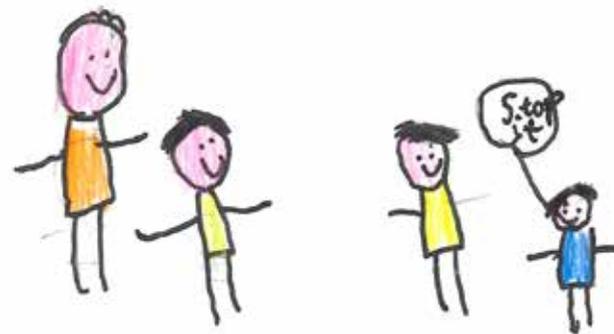
- Threats or harmful remarks (e.g. by texts, emails or on message boards)
- Harassment (e.g. in online chat rooms, via email, phone calls, texts or message boards)
- Exclusion (e.g. on social network sites)
- Manipulation (e.g. using pictures, videos or previously recorded messages)
- Theft or damage to property (e.g. deleting of homework assignments)

STOP Bullying

Tell an adult

Walk away

ignore them
tell them to stop
always stick with
a friend



Bullying Advice

There are lots of different whys to bully someone, so this is some advice for if you're being bullied.

Avoid the bully.

Always speak to a person you trust e.g. Teachers, friends, parents.

Talk to the bully and ask why they bully you.

Don't take everything to heart

Don't fight back or just as bad

Always stand tall and be proud of who you are.

Don't join in with the bully

If things get really bad you can phone childline on 0800 1111



by Lauren & Lewis

Prejudice Based Bullying

There are 9 Protected Characteristics under the Equality Act 2010. We have highlighted some of these here as well as other areas of bullying which as a school we may require further information/help on:

- 1 Asylum seekers and refugees
- 2 Disability
- 3 Racial Bullying
- 4 Sectarianism, religion or belief
- 5 Sexism and Gender
- 6 Sexual Orientation
- 7 Body Image
- 8 Looked After Children
- 9 Young Carers

Something need only happen once for a child or young person to feel worried or scared to go to school. It is important to take into account the impact on the child or young person. Actions can affect people in different ways and this should be taken into consideration. If you are unsure if behaviour is bullying, look at the effect it is having on your child and ask them how they feel.

They may be showing some of the following signs and symptoms:

- Changes their usual routine
- Is unwilling to go to school
- Becomes withdrawn, anxious or lacking in confidence
- Starts stammering
- Attempts or threatens suicide or run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Begins to do poorly in school work
- Comes home with clothes torn or book damages
- Has possessions which are damaged or "go missing"
- Asks for money or starts stealing money (to pay bully)
- Has dinner and other monies continually "lost"
- Has unexplained cuts or bruises
- Comes home starving (money/lunch has been stolen)
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Stops eating
- Is frightened to say what's wrong
- Gives improbable excuses for any of the above
- Is afraid to use the internet or mobile phone
- Is nervous and jumpy when a cyber-message is received

Guide to Conflict resolution



Bullying Advice

try and block
The bully from
contacting
you, steer
clear!



if you are getting
bullied try and
stay with your
friends and make
sure you have someone
you can talk to

Try your best
to be happy

Tell a teacher
that you're getting
bullied.

If things are
getting really bad and
you have no one to
talk to,

CALL CHILDLINE

0800 1111

Keep a
daily diary
of what is
going on,
when it's
going on
and how
often it is
going on.



Don't
bully
someone
because
you get
bullied.

By Kyle and Kira

Tell
someone you
trust, such as
a teacher,
your parents
or friends.

What may they be feeling?

A young person who is being bullied may feel:

- Pain or hurt
- Weak and powerless to make things better
- That it may be their fault
- Fear
- Isolation
- Less confident
- Anxious about making it worse if they tell someone

What might they be saying?

They may say:

- Friends are not talking to them
- They need driven to or from school
- They need more money
- They have lost their appetite
- They have lost their dinner money
- They hate going to that lesson. Going on that bus journey/lessons with those people

What to do as a parent and a child?

We have included advice from the children to help other children and adults if they find themselves in a conflict or bullying situation:

Guidance on

Stop Bullying (page 5)

Bullying Advice (pages 6, 9 & 10)

Dear Agony Aunt letters (pages 14 & 15)

What we do as a school when we are notified of an incident:

The child is assured the incident will be dealt with

We take the disclosure seriously

We keep the person experiencing the bullying Informed of all actions/discussions

We complete a referral within school management system

An appropriate adult listens to details and records the incident in writing

We may seek to establish witnesses

If no bullying has taken place(i.e. the incident has been a conflict), we resolve the issue appropriately using the school's behaviour policy.

We talk to the child/children displaying bullying behaviours. We follow the school's behaviour policy.

We would contact parent/carer of the person experiencing bullying to inform them of the incident and offer possible appropriate support

We would contact parent/carer of the person displaying bullying behaviour to inform them of the incident and offer possible appropriate support

We would monitor the situation and take appropriate action

Where there might be implications with regards to the law, we would contact the Police

Where appropriate, we would speak to the class or year group or use assembly time

We would seek help from outside agencies as appropriate

Further information & useful resources

Websites: A wealth of useful information, advice and practical resources are available online.

www.respectme.org.uk – The Scottish Government's dedicated anti-bullying services provide useful information for professionals, parents and children and young people, including a helpful leaflet entitled ' Cyberbullying: Are you switched on?

www.ceop.gov.uk – The Child Exploitation and Online Protection Centre

www.thinkuknow.co.uk – A section of Child Exploitation and Online Protection Centre dedicated to education, with relevant sections and resources for professionals, parents and children and young people

www.childnet.com – Child net international, a non-profit organisation working to help make the internet a great and safe place for children.

www.kidscape.org.uk – The kidscape website has a section on cyberbullying specifically, containing helpful links and advice for parents and children and young people.

www.cybermentors.org.uk – offers young people opportunities to receive and provide peer support relevant to bullying behaviours online.

www.digzien.org – Provides information and resources for educators, parents and young people aimed at developing awareness and understanding of responsible digital citizenship.

www.teachersupport.info/Scotland – Offers practical and emotional support to staff in the education sector and their families

Dear Agony Aunt,

I'm getting these horrible text messages from someone at school. I know who it is because she used to be my friend. They say horrible things like you're so ugly, how can you leave the house? And saying I'm fat! I'm scared no one will believe me.

Yours sincerely

Sarah (13)

Dear Sarah,

You need to show your parents the text messages and see what they say. Next you can tell your teacher and she could talk to the girl who is sending the text messages to you and she could stop her sending the nasty messages. If she doesn't stop just block her on your phone. Even though you are angry, don't send nasty messages back to her or you will get into trouble as well.

Sometimes it's good to keep a diary of what the bully is doing to you, then you have proof if no one believed you before. If you don't know why the bully is doing it you should ask him why the bully is doing it. If you ask the bully why she is doing it they might not of realised she was doing it. Just be proud of yourself!

Yours sincerely,

Bobby

Dear agony aunt,

How can I help my friend Ross? He is being bullied and I am not sure what to do to help him?

Yours sincerely

Adam (8)

Dear Adam,

Make sure that he is comfortable talking to you about his issues and make sure he wants to talk. Make sure he talks to an adult that he trusts and knows.

Give him advice: Ignore them, stay calm, look as confident and strong as possible, don't retaliate and try to keep his distance. Make sure he keeps a record in a diary,

If you are still worried about him after doing this get him (or you) to call Childline on 0800 1111 and talk about it. They are there to help.

Yours sincerely,

Ailsa

