

# Respectful Relationships Parent Workshop



Onthank Primary School  
February 2020



# Respectful Relationships @ Onthank



## *What is bullying?*





# RespectMe

## Definition of Bullying


*Bullying is a mixture of behaviours and impacts; what someone does and the impact that it has on you, which affects your ability to feel safe and in control of yourself.*





# What is Bullying?



- Being called names, being teased or made fun of
  - Being hit, punched or kicked
  - Having your belongings taken or damaged
  - Being ignored, left out, or having rumours spread about you
  - Being humiliated
  - Receiving abusive messages or having nasty comments made about you
  - Being targeted because of who you are or how people see you
- 



## Other Behaviours

It is important to distinguish between bullying and other types of behaviours.

Children and young people will tease and fall out with each other from time to time, they won't always get on, but every fall out *isn't* bullying.



# Prevalence of Bullying

Data from over 13,000 pupils aged 7 – 15:

- 1 in 4 children reported being bullied a lot or always
- The risk of being bullied declines with age
- Children and young people who are involved in school bullying go to school less, have poorer relationships with their teachers, and are less likely to feel safe or included within the school.
- Bullying and cyberbullying remains the top reason under 11s call Childline and in the top 4 reasons that 11-16s call Childline.



# Tree of Understanding

- **THE ROOTS**

Where does bullying come from?

- **THE BRANCHES**

What does bullying look like?

- **THE LEAVES**

What is the impact of bullying?



# Respectful Relationships @ Onthank

## ROLE PLAY

Young Person &  
Teacher



Young Person &  
Parent







# Our Vision



*Onthank Primary School young people, families, staff and community experience a safe, happy, respectful and fun environment as they progress through their learning journey.*

# Our Solutions



- Raise awareness about what bullying is.
- Promote kindness and respect.
- Have a safe space where anyone who is feeling lonely or left out can go and talk to others and have fun.



# RespectMe



- Scotland's Anti-Bullying Service
- Campaign aims to create more respectful cultures in various settings
- Provides support, advice, guidance and strategies to young people, parents, carers, teachers and multi agency professionals who work directly with children
- Promotes respectful relationships, offering alternative options to bullying behaviours and how we can positively and appropriately move forward
- Offers 'Respect For All' and 'Responding to Bullying: Parent Workshop' opportunities for staff and parents
- Offers lessons and workshops appropriate for young people



# RespectMe Video Resources

- How do I know if it's bullying?
- Before you give advice, get some.
  - What advice should I give?
    - What can I do?





# Respectful Relationships @ Onthank



Who  
would  
consider  
giving  
different  
advice  
now?



# Restorative Practice @ Onthank

Restorative practices centre around a set of key questions that help children think about their behaviour and understand how they can make positive choices:

**Restorative Practice in School**

1. What happened?
2. What were you thinking about at the time?
3. What have your thoughts been since the incident?
4. Who do you think has been affected by your actions? In what way were they affected?
5. What do you need to do now to make things right?

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

Images from My cute graphics



# Restorative Practice Benefits



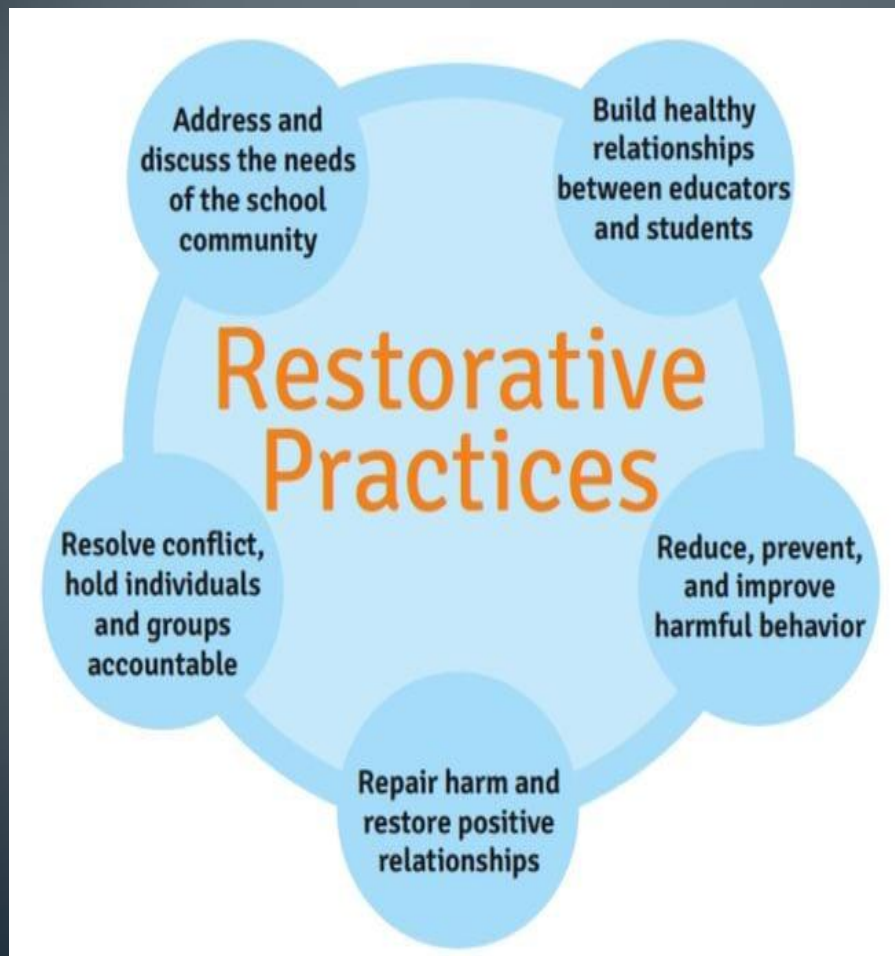
Restorative practices in schools have a number of proven benefits.

Children show:

- Improved positivity, resilience and responsibility-taking
- Better behaviour management
- Greater respect and courtesy towards teachers and each other
- Increased empathy
- An understanding of how to make wrongs right

**Schools that use restorative practices have also reported significant reductions in the number of exclusions.**

# Restorative Practice @ Onthank



The skills children learn in primary school are also transferable to life outside school, including within their families, and to secondary school and beyond.

Restorative practices lead to long-term and lasting improvements in behaviour and an improved culture of learning.



# Restorative Practice @ Onthank





# Circle Time!



R-E-S-P-E-C-T  
find out what it means  
to me  
R-E-S-P-E-C-T





# @ Onthank Primary



- Individual Class Teacher Initiatives – Worry Monster/Circle Time
- Health & Wellbeing Lessons
- Mindfulness Programmes
- Rights Respecting Schools Assemblies, Lessons & Ambassadors
- Pupil Council Voice to promote positive, respectful behaviours
- Classroom, Playground & School Charters
- Friendly Club Playground Alternative
- Restorative Practice
- Respectful Relationships Parent Workshops
- Respectful Relationships Pupil Led Workshops
- Theatre in Education Anti Bullying Performances
- PATHS
- Children's First



# What's Next?

What activities can we lead in school/workshops?

- Run a 'Good Will' week
- Create a music video about anti-bullying
- Create a drama/dance piece about respectful relationships
- Design competition for anti-bullying posters
- Develop pupil friendly guide for social media



Your ideas?





Thank  
you