

### Positive Behaviour Strategies in Crookfur Primary School

At Crookfur Primary School, we work hard to create a positive and supportive ethos that celebrates and promotes positive behaviour. Children and adults are proactive in working together to create an environment where bullying behaviour will not be tolerated. This includes implementing positive approaches such as:

- 'buddying' or mentoring systems
- peer mediation
- a system which identifies vulnerable pupils and takes steps to remedy this, for example 'A Circle of Friends'
- anti-bullying campaigns, posters, assemblies
- Health and Wellbeing lessons which focus on positive self-esteem, resilience, positive interactions etc.
- 'Worry Boxes' for pupils to post their concerns.
- Pupil Council awareness training
- Pupil help leaflets
- Anti-Bullying events to raise the profile of school policy e.g. *I am Me*

### Dealing With Incidents of Bullying Behaviour in Crookfur Primary School

Where, despite these pre-emptive measures, incidents of bullying behaviour are witnessed or reported, school staff have the responsibility to investigate fully and promptly. The findings of any investigation will be reported to the child/ young person and their parents/ carers, and, where appropriate, strategies towards a positive resolution for all parties will be agreed upon.

Staff will ensure that the feelings of the young person(s) experiencing bullying behaviour are taken into account when investigating the issue. It is important the child's concerns are addressed as what may seem trivial to an adult may be having a psychological effect on a child's feelings of safety and their self-esteem. If it is found that bullying behaviour has taken place, the issue will always be dealt with seriously.

### Who Should I Contact if I Have a Concern About My Child?

<b>Family Centre:</b> Miss David	<b>P3:</b> Miss Lamb	<b>P5:</b> Mrs Fry	<b>Whole School:</b> Mrs McGuigan
<b>P1&amp;2:</b> Mrs Jamieson	<b>P4:</b> Ms Biggart	<b>P6&amp;7:</b> Mrs Slorach	



## Crookfur Primary School & Family Centre



## Anti-Bullying Parents Leaflet (2022-2023)

## Bullying Behaviour

*“Bullying is both behaviour and impact; the impact is on a person’s capacity to feel in control of themselves. This is what we term as their sense of ‘agency’. Bullying takes place in the context of relationships; it is behaviour that can make people feel hurt, threatened, frightened and left out. This behaviour happens face to face and online.” (RespectMe, 2015)*

### What is Bullying Behaviour?

Bullying behaviour 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 e-mails
- Being forced to do things against your will
- Being targeted for who you are or who you are perceived to be

### Signs of Bullying Behaviour

Possible Signs of bullying behaviour can include:

- Torn or damaged clothing
- Scratches and bruises that can’t really be explained
- The child or young person doesn’t want to go to school or is having trouble with school work
- Changes in the route that is taken to school
- The child or young person does not want to go out to play with their friends
- Unexplained head/ stomach aches and other pains
- Easily upset, unexplained tears or ill-tempered behaviour
- They have become withdrawn
- Changes to how and when they’re using their mobile or how they behave online

## How Can I Help My Child?

Bullying is different from other behaviours as it takes away a person’s ability to feel in control and take effective action. When responding to bullying behaviour, the focus should be on helping the child regain the feeling of control and being themselves again. It is therefore important to involve children at a pace that suits them – to find out what they want to happen, what they would like to happen, and what they are worried about happening.

### Listening to Children

Children appreciate adults who take time to listen; however, this means more than simply ‘hearing’ the words. To really understand children we must pay attention to all of the key elements of their communication. Listen carefully to *what* they are saying but also *how* they are saying it, as well as their body language and facial expressions – you can often learn a lot from these alone.

### All Behaviour Communicates How We Feel

‘Active’ listening is also about responding appropriately to what your child is communicating. For example, they might be reluctant to verbally tell you that they are being bullied but may display subtle cues, such as becoming withdrawn or ill tempered. Noticing this change and taking time to ask your child how they are can help make it easier for them to tell you about their concerns and gain your support.

#### Things to Remember:

- **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 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 at any time.