

## ANTI-BULLYING WEEK 14 – 18 NOVEMBER 2022



This week is Anti-bullying Week across the country. This year's theme is "Listen Up!". The purpose of this is to encourage adults to 'listen up' and take practical steps to respect the rights of children and young people across Scotland by putting children's rights at the heart of all effective responses to bullying. Children need to be protected from bullying behaviour so that they can survive, develop and participate in a fulfilling life. Adults have an important role to play to help protect and fulfil these rights.

*(adapted from the Respect Me website)*

Below are some guidelines to supporting your young person if they have told you that they are a victim of anti-social behaviour (we know that you will do this already, but it is an important reminder):

- Listen and reassure them that coming to you was the right thing to do. As well as supporting them emotionally, establish the facts. This can help put matters into perspective and allow you to discuss the problem and how to proceed. It can be helpful to keep a diary of events.
- Assure them that the bullying is not their fault and that you will support them. Reassure them that you will not take any action without discussing it with them first.
- Don't encourage retaliation to bullying. It's important for children to avoid verbal or physical responses. Reacting that way has negative and unpredictable results - they may be hurt even further or find that they then get into trouble for their behaviour. Suggest that they walk away and speak to an older peer or adult. This also applies to online bullying. Engaging in comments or sharing someone's personal information online can also make matters worse and run the risk of your child also displaying bullying behaviour.
- Find out what your child wants to happen next. Help to identify the choices open to them, the potential next steps to take and the skills they may require to help solve the problem. We want to help them solve the issue but it's equally important to give them the skills to manage it themselves as this develops confidence and resilience.
- Encourage your child to get involved in activities that build their confidence and self-esteem and help them to form friendships outside of school.

- If the matter is school related and your child is unable to resolve the matter by themselves, you can discuss the situation with your child's Principal Teacher of Pupil Support. Every child has a right to a safe environment in which to learn and play. Eastwood High School has an anti-bullying policy which sets out the measures that will be taken to prevent all forms of bullying between pupils. This policy will also be updated to include all the measures we are now putting in place take to prevent bullying.
- A significant number of pupils in Eastwood High School have been trained as Mentors in Violence Protection (MVP) and Anti-bullying Ambassadors to support pupils in school and offer a number of ways in which they can carry this out. Encourage your child to speak to one of them if they aren't ready to talk to an adult.

Further information can be found at:

[www.respectme.org.uk](http://www.respectme.org.uk)

[www.educationmvp.co.uk](http://www.educationmvp.co.uk)

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

[www.familylives.org.uk](http://www.familylives.org.uk)

[www.unicef.org](http://www.unicef.org)

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