

# Anti Bullying

## Parental Advice



# Anti Bullying

**‘It’s every child’s right not to be bullied’**

Bullying behaviour is the intent to cause harm or distress to a pupil by another individual or by a group , through undermining her/his sense of security and self-esteem on a systematic basis.

# 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 comments on Social Networking Sites eg Facebook/ Twitter
- 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

# Possible Signs

- Damaged clothing/school materials
- Your child doesn't want to go to school or is having trouble with school work
- Changes in the route that is taken to school
- Your child doesn't want to go out with friends
- Unexplained head/stomach aches and other pains
- Scratches and bruises that can't really be explained
- Easily upset, unexplained tears or ill-tempered behaviour
- Self harm

## What can you do to help?

- Do not panic and keep an open mind
- Listen and reassure
- Be vigilant about your child's use of social networking sites/mobile phone/internet
- Let your child know bullying is never acceptable; they deserve to feel safe
- Encourage your child to use non bullying strategies to deal with conflict
- Pass on information to the school

# Consequences:

- All bullying behaviour carries consequences
- All alleged instances of bullying behaviour will be **investigated** fully and **recorded** in school and with East Renfrewshire Council Education Department
- Laws surrounding the use of mobile phones and the Internet
- Cyberbullying may result in a Criminal Record
- Employers/Colleges/ Universities may look at Social Network Profiles
- Impact on Job Prospects

# Anti- Bullying Strategies in St Ninian's

- Gospel Values in our day to day dealings with one another- TOLERANCE, RESPECT, LOVE, COMPASSION, EMPATHY
- PSHE lessons
- Assemblies
- Pupil Council
- Posters/ Campaigns
- Student Mentoring/ Tutoring
- Clubs

# Anti -Bullying

Visit these websites!

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