

SATS Pupil Council

You don't have to like me...
agree with me...or enjoy the
same things I do. But you do
have to respect me.

respectme.scotland



Sgoil an Taobh Siar Pupils' Anti-Bullying Policy

Aims:

We are writing this policy because we want everyone in the school to know about bullying behaviour.

We also want pupils to know how to stop it and how to help those who feel sad and left out.

What is bullying behaviour?

Bullying behaviour makes people who are affected by it feel out of control. It can make people feel left out, frightened, hurt and threatened.

Bullying behaviour can be:

Name calling and teasing



Hitting people



Stealing and breaking other pupils' belongings

Excluding others and making them feel



alone



Online bullying -

It is easy for bullies to contact people at any time.

They can say things they would never say face to face.

They can send/use hurtful pictures



Bullying behaviour is any behaviour that makes you feel like you are not in control.

Bullying is being nasty to people who are different. For example someone who is a different colour, from a different country or have different beliefs .

Bullying is trying to get people to do things they don't want to do.

These are all forms of bullying behaviour.

Choices/Options

What should you do?

Ignore it.

The way to ignore is - if the person says or does something to you, walk away, do not say anything back. Pretend it didn't happen.

This is not easy to do.



Ask them to stop.

If they upset you once or twice, you tell them to **STOP**.



Sometimes the person doesn't know that what they are doing is upsetting you.

Choices/Options



Tell an adult.

If you feel like someone is using bullying behaviour tell an adult. It doesn't need to be your parent, it can be a relative, a friend, or a teacher. **Tell someone you trust.**

Get your own back.

You should not get your own back because you could get in serious trouble.



Keep a diary.



Keeping a diary with dates and what happened is a good idea. It is evidence to take to the teacher and it can make you feel good by getting thoughts out of your head.



Choices/Options

Find a way of dealing with your feelings.

Do something that will make you feel better, like sport or music or art, anything.

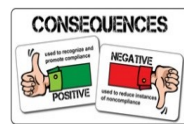


What the school does if you report bullying behaviour:

- Tell an adult what happened.
Tell them who, what and when
- The adult will then investigate and then pass on to Mrs MacLeod HT or Mrs MacLeod PT
- Mrs MacLeod HT or Mrs MacLeod PT will interview everyone involved with the incident
- If the behaviour doesn't stop, one of the adults will arrange to meet with you and your parent(s)



- After the meeting with parents an adult will ask the pupil(s) if anything has changed
- If things don't change the team will meet and set targets/consequences



What if you are the person using bullying behaviour?

- Speak to an adult you trust
- Think about why you use bullying behaviours
- Talk about how to change the behaviours; what can you do instead?
- Say 'Sorry' to the people whose feelings you have hurt



- Try to keep regular contact with the adult you trust and keep talking about your feelings and your behaviour

This policy and procedures booklet
was developed by the Sgoil an
Taobh Siar Pupil Council of
2018/19