**Canongate Primary School**

**Respect Kindness Equity Ambition**

Anti Bullying Policy – 2023-24

(Reviewed May 23)

What is bullying?

At Canongate we view bullying as;

* Behaviour which may or may not be deliberate, by one person or a group, which upsets, hurts, harms or injures another, **impacting** directly on their quality of life.
* Taking many forms, including verbal, physical and social behaviour, and increasingly it may involve the use of technology, such as mobile phones or computers.
* Likely to be associated with a power difference between those who bully and those who are bullied, to lead to hurt, fear and anxiety, and is often the result of a difference, perceived or real.

**The behaviour may not be repeated but the threat can be sustained!**

**Bullying Behaviours Might Include**

* Being called names, teased, put down or threatened.
* Being hit, tripped, kicked or pushed.
* Having belongings taken or damaged.
* Being ignored, left out or having rumours spread.
* Receiving abusive messages electronically. (cyber bullying)
* Being targeted because of who you are or are perceived to be.

**Prejudice Based Bullying**

* Asylum seekers and refugees
* Sectarianism
* Sexism and gender
* LGBTQ+
* Young carers
* Social and economic prejudice
* Body Image
* Disabilities
* Homophobic
* Care experienced child (CEC)
* Race and ethnicity
* Religion and belief

**What are signs of being bullied ?**

(Not all will be evident and different for each child- we can’t always assume bullying for some of these behaviours)

* Changes in mood and behaviour
* Increased anxiety
* Scratches and bruises that can’t really be explained
* The child doesn’t want to go to school or is having trouble with school work
* Changes in the route that is taken to school
* Torn or damaged clothing
* The child doesn’t want to go out and play with friends
* Unexplained head/stomach aches and other pains
* Easily upset, unexplained tears or ill-tempered behaviour
* Fear or alarm when messages are received
* Spending more time or changing their online behaviour

At Canongate, we will ensure our values of **respect, kindness, equity and ambition** are upheld.

**What can we do at Canongate?**

* Use a restorative approach in all cases – this may need to have a short time delay to allow for reflection / time to calm and time to consider impact etc.
* Celebrate diversity through assemblies and other cultural events.
* Encourage the Rights Respecting Schools (RRS) ethos to ensure everyone has the right to be safe (Article 19).
* Celebrate positive behaviours and highlight role models (School Awards).
* Encourage pupils to have a voice and ensure they know who they can talk to.
* Encourage openness and honesty in order to help pupils work through difficulties.
* Work with families, carers and other services to ensure support is available.
* Ensure pupils learn about bullying as part of the curriculum each year and carry out specific campaigns on anti-bullying week (normally led by primary 5 as part of work on rights).
* Encourage kindness and care for our class, our school, our community and the wider community.
* Use of resources such as ‘kitbag’ to support emotional wellbeing.
* Use of Cool in School Resources.
* Use our Building Resilience Assemblies.
* Reinforce Our Mobile Phone Policy

**What can pupils do?**

* Learn about and recognise the signs of bullying.
* Report incidents of bullying to staff/ family.
* Inform a friend or member of staff if they know of someone who is being bullied. Don’t be a follower - report.
* Treat each other with respect.
* Be a friend and check in on those they are concerned about.
* Think before they act and don’t make hurtful comments.
* Not stand back and let bullies win by not reporting incidents
* If they see something happening where someone is or could get hurt they should get and adult immediately.
* Follow the rules

**What can parents/carers do?**

* Listen and provide reassurance that telling someone is the right thing to do.
* Avoid telling the child to hit back as they generally do not have the capacity to deal with bullying by themselves.
* Ask the child what they would like to happen as young people may not want a big fuss and they just want the bullying to stop. Allow the child to have some agency.
* Avoid telling your child to ignore the bullying as it is unlikely to go away.
* Contact the school to determine what will happen next and what the likely timescales are.
* Be prepared that there may be additional facts that the school find out about an incident where their own child has possibly forgotten or missed aspects out. This doesn’t happen very often and may not be deliberate. It is important school have as much information as possible.

**All staff will ensure that;**

* They are aware of their own behaviour and act as role models.
* They are fully aware of the anti-bullying policy, and contribute to its review and development.
* They understand and follow procedures for recording and managing bullying incidents, and supporting and managing children who have bullied or been bullied.
* Senior Leadership Team (SLT) are responsible for recording bullying incidents on SEEMIS. This will be where evidence of bullying is clear and not
* They share relevant information concerning individual children and incidents of bullying with colleagues, to ensure children’s safety.
* They report significant changes in presentation or behaviour of pupils or any pupil who appears to be socially isolated.

Recording of Incidents.

* SLT will investigate all issues and with colleagues and use professional judgement to decide whether it is conflict or disagreement or can be described as bullying. All sides will be listened to.
* Parents will be informed and asked to come in to discuss the issues with their child.
* Incidents will be formally recorded on SEEMIS. Parents will always be informed of this by SLT.

Please also note we are aware that bullying will take place outside of school. Although this will be hard for us to help with, we are aware that this could impact on pupils in such a way that their schooling is affected. We will try to help in these circumstances. We will advise parents to go to the police where cyber bullying is concerned and potentially contact the police ourselves to deal with issues such as cyber bullying.

Useful Documents and Websites

Respect Me [respectme | Scotland’s anti-bullying service](https://www.respectme.org.uk/)

Fife Council Anti Bullying Policy

Canongate Mobile Phone Policy