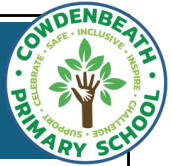


Let's Tackle Bullying, Together!

Learning, Nurturing and Achieving Together



What Is Bullying?

"Bullying is face to face and/or online behaviour which impacts on a person's sense of physical and emotional safety, their capacity to feel in control of their life and their ability to respond effectively to the situation they are in."

The behaviour does not need to be repeated, or intended to cause harm, for it to have an impact. Bullying Behaviour can be physical, emotional or verbal and can cause people to feel hurt, threatened, frightened and left out"

(Respect for All: The National Approach to Anti Bullying for Scotland's Children and Young People)

Bullying is never okay – and we all have a role in preventing it.

Where Do Bullying Behaviours Come From?

Bullying behaviours can happen when children:

- **Are modelling learned behaviour**
Children often copy what they see at home, in school, within their communities, online, or in media. Exposure to aggression, shouting, conflict or put-downs can lead them to repeat those patterns.
- **Feel insecure or lack control**
Children who feel powerless may try to gain control by dominating others. This can be a way of coping with low self-esteem, anxiety, or past trauma.
- **Struggle with social or emotional skills**
Some children may not yet understand empathy, boundaries, or how to manage frustration – especially if they haven't been taught positive ways to resolve conflict.
- **Are seeking attention or acceptance**
A child may act out to impress peers, fit in with a group, or get attention from adults – even if it's negative.
- **Are under stress**
Situations like family breakdown, bereavement, or moving schools can cause children to behave in ways they normally wouldn't.

Bullying is complicated and schools will always be more successful tackling bullying with the support of their community giving consistent messages about managing conflicts in positive ways that reduce the likelihood of escalation

Preventing Bullying

What We Do at Cowdenbeath PS:

- Foster a respectful and inclusive school culture based on the golden rule: treat others the way you would like to be treated
- Deliver anti-bullying education through Health & Wellbeing and RME
- Celebrate diversity and equality through curriculum activities
- Monitor play and social times to spot concerns early
- Train staff to recognise and challenge bullying behaviour
- Promote pupil voice and leadership

Prevention is at the heart of what we do, however, no strategy is perfect and there will be times where bullying behaviours unfortunately can't be prevented.

How We Respond to Bullying

Our Response Includes:

- Listening carefully to the child's experience
- Taking all reports seriously
- Investigating known incidents promptly and fairly
- Supporting all pupils involved (person experiencing, the person displaying and bystanders)
- Following up to ensure bullying doesn't continue

Every action is guided by kindness, dignity, and fairness.

For more detailed information on the staged intervention approaches we take to manage and support pupils experiencing and displaying bullying behaviours, please see the school policy.

Reporting Suspected Bullying

If any pupils is concerned about bullying, it's essential to speak to someone who can help.

How to Report:

- Speak to a trusted adult (teacher, PSA, school office)
- Ask a parent/carers to contact the school

No concern is too small. It's always okay to ask for help.

 We endeavour to treat all concerns with sensitivity and confidentiality.

Diversity, Discrimination and the Law

We Celebrate Differences:

Discrimination and bullying can happen because of:

- Race
- Religion or belief
- Disability
- Gender or gender identity
- Sexual orientation
- Age

These are called **Protected Characteristics** under the Equality Act (2010).

We endeavour to teach pupils to understand, respect, and celebrate what makes us all unique.

Working Together – Families & School

How Families Can Help:

- Talk openly with your child about their day and friendships
- Encourage kindness and standing up for others
- Discourage promoting aggression as a means to solve conflicts
- Model respectful relationships at home
- Report concerns early to the school
- Support the school's approach to promoting positive relationships and anti-bullying

Together we can:

- Recognise signs of bullying early
- Create consistent messages between school and home
- Build a culture of inclusion and compassion

Linking to the UNCRC (United Nations Convention on the Rights of the Child)

Relevant Rights Include:

- Article 2: Non-discrimination
- Article 12: Right to be heard
- Article 13: Sharing thoughts freely
- Article 19: Protection from all forms of violence
- Article 28: Access to education
- Article 29: Goals of education (including respect, peace, and understanding)

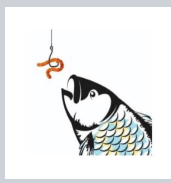
Our anti-bullying work is rooted in upholding and promoting every child's rights.

For more information on the UNCRC, please use the QR code opposite.



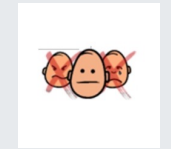
4 Steps To Prevent Bullying

1



- Recognise baiting behaviour – don't fall for it. You win when 'bullies' don't get the reactions they are looking for.
- Recognise predictable behaviour – If you know someone becomes abusive and shows bullying behaviours when they become upset, avoid them or find ways to move away from them before they can be abusive to you.

2



- Stay cool and always speak to an adult when you feel you are being bullied.
- Do this before you respond in an emotionally weak or aggressive way.

3



- Retaliating by 'hitting back' or using abusive language will almost certainly make things worse.
- Only hit back if you cannot get away and you have no other options to keep yourself safe – in these circumstances, this is self-defence.
- If you have to defend yourself this way, only do this until you can get away to safety.

4



- Understand why people show bullying behaviours
- These people are ultimately unhappy about aspects of themselves, their lives or are simply jealous of you.
- They are not people you should be scared of.
- Getting help from an adult keeps you safe and gets help for the person trying to bully you.

Where To Get Help

 If you ever have questions, worries, or suggestions – please talk to us. We're here to help make Cowdenbeath PS a safe and welcoming place for every child.

Together, we build kindness. Together, we stop bullying.

 01383 602 449

 Visit our school website using this QR code:



A full version of our Promoting Positive Relationships and Anti-bullying policies can be accessed from our school website.

 For further advice, use the QR code opposite to visit the Respect Me website:

