

# Equality and Anti-bullying at Denbeath Primary School

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A guide for parents and  
carers

# Today's session

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- Please switch off your mic
- Cameras can remain on but remember you will be seen by everyone on the meeting
- Opportunity to ask questions – either in the chat
- or at the end when mics can be opened
- This is a highly emotive subject, we will be talking in general terms today. If you have a personal query please get in touch with me through, telephone, email or seesaw.
- NO children can be named in these sessions



# So what is bullying?

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Take a few moments to think about what it means to you.

If you like you can also add your ideas in the chat - no wrong answers

# Bullying is.....

Everyone's responsibility

Bullying takes place in the context of relationships. It is behaviour that can make people feel hurt, threatened, frightened and left out and can happen face to face and online.

Bullying is both behaviour and impact, what someone does and the impact it has on the other person's capacity to feel in control of themselves. We call this a sense of agency.

# Our school



Learning together for a positive future



Honesty and kindness



Ready Respectful Safe

# What we are doing

## Action plan:

- Professional learning for staff
- Action group led by Miss Temple

## Pupils

## Parents

- Fife equality strategic group – Miss Manton

- Direct Teaching
- Assemblies – Values, rules and Being Cool in School
- Class lessons – Health & Wellbeing – Relationships
- Whole school themes – Anti-bullying week
- UNRC – Rights of the child
- Restorative practice – teaching healthy relationships
- Culture of kindness

# What we are doing



Our response



Clear  
messages



Tackling head  
on



Explicit  
education

## Summer race riots

- Discipline means to teach
- No quick fixes
- Recording and monitoring
- Identifying themes

# Equality – Protected Characteristics





# What can I do?

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- Look for signs [My child feels bullied | respectme](#)
- Listen – be understanding NOT reactive
- Share your concerns
- KEEP sharing your concerns
- Distract – 5 ways of wellbeing [5 Ways to Wellbeing | Mind - Mind](#)
- Seek advice to understand your options
- Reassure and show that we are all working together
- Build confidence and self-esteem

# Respect Me.org

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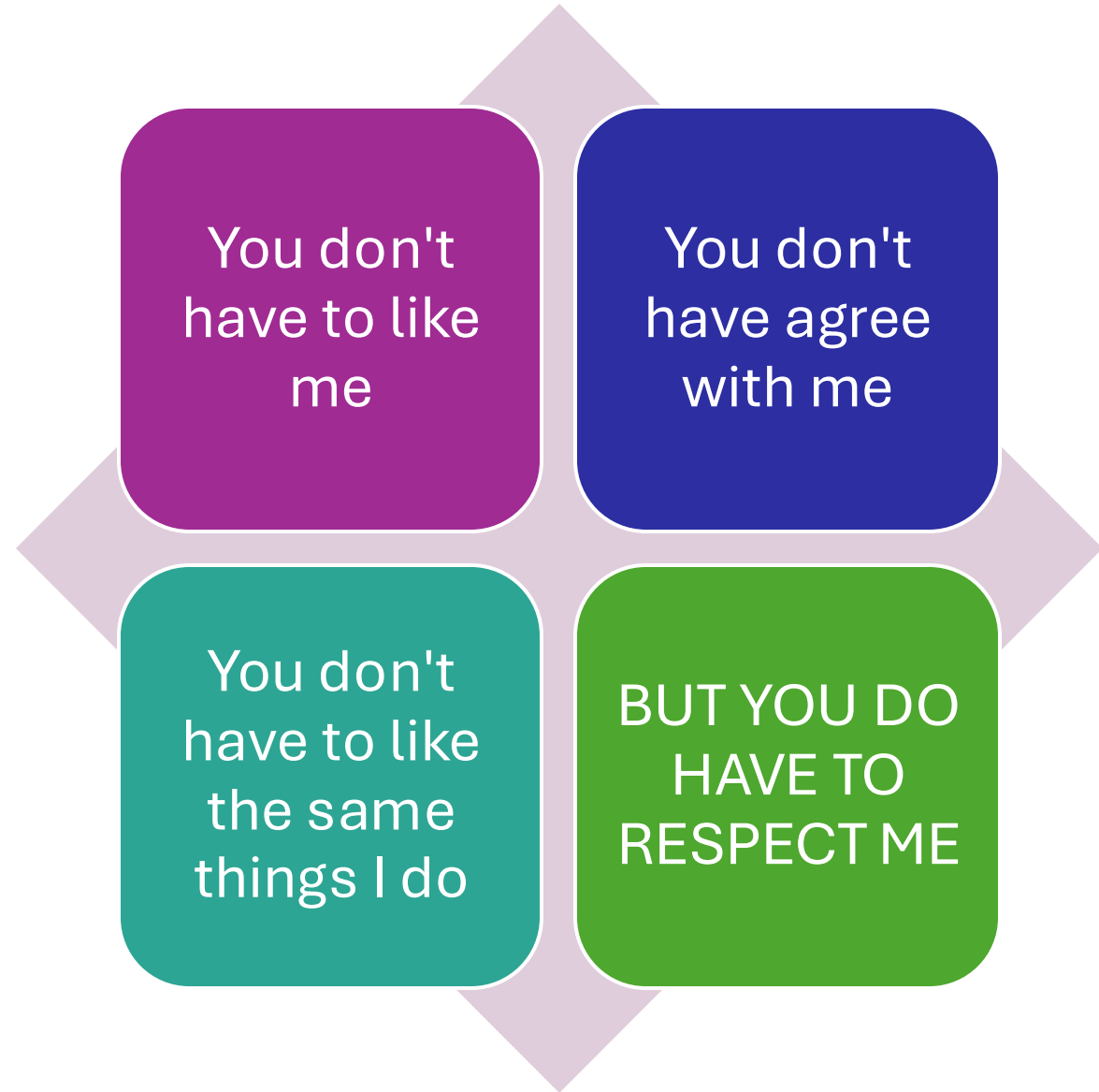
[Videos | respectme](#)

# What if my child is accused of bullying?

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- Listen - Don't react
- Do they have prejudiced ideas?
- Is it online? Do they think they can't be identified?
- Are they trying to fit in?
- Are they fearful of someone else?
- Talk about healthy relationships and the impact on others
- Support the school in helping to repair relationships
- Manage their online access, if required
- Model healthy relationships and conflict management
- Remember children who don't feel good about themselves find it harder to make good choices – cycle of shame

So finally....



Questions?

