

What is bullying?



- Bullying is behaviour when someone says or does something in a way which affects or hurts others.
- Bullying behaviour is always damaging and it can make you feel sad or isolated and frightened or worried it may happen again.
- This can be whether it has happened to you once or more than once.
- Bullying behaviour can affect you for a short time but can also have a major impact on your health and well being.
- It is usually done on purpose but can also be without intention to cause hurt or harm.
- Bullying behaviour can be done for a variety of reasons or for no clear reasons.

Bullying behaviour can include name-calling, teasing, sending nasty text messages, pushing, threatening or spreading rumours about someone.



Our Policy

In Torryburn PS, we aim to promote a safe and caring atmosphere for all members of our school community.



All Pupils are expected to:
Uphold school values of Kindness, Honesty and Hardworking



Report all incidents of bullying behaviour, including those other pupils may be afraid to report.



Support each other and to seek help to ensure that everyone feels safe and nobody feels left out or afraid in school.



Be responsible citizens face to face, when online, in both school and outside of school.

Advice on how to deal with bullying behaviour!

Q - What can I do if I'm being bullied in school?

Ignore them if you can, walk away, they are usually looking for a reaction.



Stay safe, avoid the places where you know the bullying behaviour normally takes place, stick with your friends.



Tell someone - you can talk to your friends, parents, class teachers or another adult you trust.



Remember you can also report it to a Playground leader, they can tell an adult for you.



Q - What should I do if I know of someone else or see someone else who is being bullied?

- Don't ignore someone experiencing bullying behaviour.
- Try to offer support to the person being treated unfairly.
- Get someone help if they are in danger, but do not get into a fight on their behalf.
- Report the bullying behaviour to my class teacher or any other member of staff.

Q - What If I am using bullying behaviour towards someone?

- Ask yourself why you are behaving in this way.
- Talk to someone about your situation e.g. your class teacher.

Connect With Respect - How to be a responsible citizen face to face and online.

✓ Always Respect Others - think carefully about what you say online and the images you send

✓ Think before you send - remember what you send can very quickly go public and can stay online forever

✓ Treat your password like your toothbrush - don't share it with anyone else

✓ Block or report anyone behaving badly - so you no longer receive any unwanted texts or calls

✓ Don't retaliate or reply - the impact of written words can be much greater and its difficult to take words back that are written down

✓ Save the evidence - remember you can screenshot any nasty online messages to show what was said or happening.



Make sure you tell. Remember it is against your rights to be bullied!



