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



caring atmosphere for all members of our school community.

All Pupils are expected to:

Uphold school values of Kindess, 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.

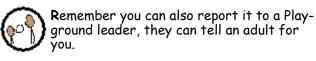
Advice on how to deal with bullying behaviour! Q - What can I do if I'm being bullied in school?

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.





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.

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

 ${\it J}$ Always Respect Others – think carefully about what you say online and the images you send

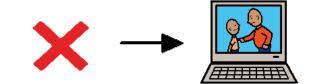
 ${\ensuremath{{\rm J}}}$ Think before you send – remember what you send can very quickly go public and can stay online forever

 ${\ensuremath{\checkmark}}$ Treat your password like your toothbrush – don't share it with anyone else

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

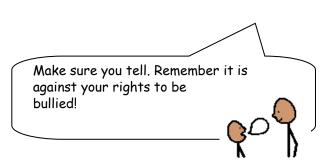
 \int Don't retaliate or reply – the impact of written words can be much greater and its difficult to take words back that are written down

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



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.



ACTION AGAINST BULLYING BEHAVIOUR

ACTION - All reports of bullying behaviour will be taken seriously, investigated fully and dealt with appropriately. If you report a bullying incident you can expect the following:



The member of staff will listen to your concerns

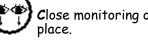


A discussion will take place to establish the facts.

The information will be passed on to your class teacher or the Depute Headteacher/ Headteacher.



Support will be offered to all pupils involved.



Close monitoring of the situation will take

Your class teacher, Depute Headteacher or Headteacher will also decide if further action needs to be taken which can include:

- A telephone call to parents or a meeting with parents.
- Referral to a Health and wellbeing group or a restorative discussion.
- A referral for further support if necessary.
- Apply appropriate consequences or sanctions eq losing your free time at lunch, time away from the classroom.

Helpful Contacts and Helplines

There are lots of people who can help you in school and out with school.

You can speak to your teacher, or another adult that you trust.

You can get help from the Playground leaders or you can ask your friends or your family.

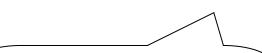
The Suggestion Box

If you find it difficult to tell you can report bullying behaviour using the box in the classroom or in the main hall.

The suggestion box is a way for pupils to anonymously report incidents of bullying behaviour. Just write down what you know and post it in the box.

You can also speak to someone in confidence by making a freephone call to Childline on 0800 1111 (24 hours a day, 7 days a week).

Or visit www.childline.org.uk or www.respectme.org.uk for more advice



Bullying behaviour is not acceptable in our school no matter what form it takes. We take all reports of bullying behaviour seriously and have robust procedures for responding to bullying.



Torryburn Primary School We value Kindness, Honesty and Hardworking

We aim to be Ready,

Respectful, Safe

Anti-Bullying

Leaflet for P4-7 pupils

