

- ✓ READY
- ✓ RESPECTFUL
- ✓ SAFE



# Dumfries Academy

# Bullying

✓ READY

✓ RESPECTFUL

✓ SAFE



# What is bullying...

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- ✓ SAFE

- The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.



# Are there different types of Bullying?

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# Physical Bullying

- Hitting
- Kicking
- Punching
- Slapping
- Biting

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# Emotional/Social/Verbal Bullying

- Teasing
- Name calling
- Spreading rumours
- Threatening comments
- Humiliation
- Name calling
- Isolation

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# Cyber Bullying

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# Signs of bullying

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## KNOW THE SIGNS OF BULLYING

1. Unexplainable injuries
2. Declining grades, not wanting to go to school
3. Difficulty sleeping or frequent nightmares
4. Changes in eating habits
5. Frequent stomach aches, feeling sick, faking illness
6. Sudden loss of friends, avoiding social situations
7. Feelings of helplessness or decreased self esteem



# What can I do if I think my child is being bullied?

- Speak to your child
- Call school and ask to speak to pupil Support Teach Teacher
- Ask your child to fill in their wellbeing log indication that they wish to speak to their pupil support teacher. Their pupil support teacher will contact your child and meet them discuss their worries.

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# How do I advise my child on Cyber Bullying?

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## How to Protect Your Child From Cyberbullying



Educate them on password safety



Ensure they don't share identifying info



Check their social accounts monthly



Set social accounts to private

\$%&#



Report cyberbullies and disengage

verywell

## IF YOU'RE BEING BULLIED CYBER-BULLIED ONLINE

1

Don't retaliate  
(Often that's what they want!)

2

Save the evidence  
(Screen-shot, save messages.)

3

Tell someone what's happening

4

Report, block, get rid!

5

Remember the problem is with them, not you.

anti-bullying alliance



# We are a 'Respect Me' School

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**Bullying is never  
Acceptable. Always  
report it.**

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