

## What should you do if you suspect that your child is being bullied at school?

**Listen** to any anxieties or concerns which your child may have

**Talk** to your child about school and be sensitive to any changes in their attitude towards school

**Report** any unusual changes in behaviour to the school. A sudden unwillingness to go to school is often a sign of bullying.

**Discuss** your concerns with school staff (Pupil Support or Senior Management)

**Keep** in regular contact with the school to up date them and allow them to give you feedback on progress made

**Help** to establish an anti-bullying culture outside school



Each pupil has been allocated to one of the three houses below.

### PUPIL SUPPORT TEAM



#### ARRAN HOUSE

Ms D.L Hurrell

Mr A. Monaghan



#### CUMBRAE HOUSE

Miss L Smith/ Mrs L. Mooney

Miss G. Mitchell



#### ERISKAY HOUSE

Mrs MacLachlan

Mrs Walker

### SENIOR MANAGEMENT TEAM

S1/2/3 - Mr Livingstone

S4/5/6 - Ms McCready

Health and Wellbeing S1-S6 - Mrs Dornan

Please contact any of the above staff via the school telephone number 715100 if you have any worries regarding bullying.

A copy of Anti-bullying policy and procedures is available on request.

## Inverclyde Academy



*Respect for All  
Stand up Against  
Bullying*

**Respect  
Responsibility  
Equality  
Success**

# Stand up against bullying

## What is Bullying?

Bullying can take one or more of the following forms:

- Written (e.g. graffiti, writing on jotters, written threats)
- Verbal (e.g. name calling, sexist comments, threatening)
- Physical (e.g. pushing, fighting, punching, tripping)
- Damage to property (e.g. stealing bags or money, ripping books)
- Isolation (e.g. shunning, rejecting, excluding, ignoring)
- Incitement (e.g. misuse of internet, e-mail, mobile phone. Threats by text messaging, misuse of associated technology i.e. camera and video facilities)
- Homophobic (focussing on the issue of sexuality)
- Racist (e.g. racial taunts, graffiti, gestures)
- Ableism (discriminating, prejudicing or targeting someone due to a disability)
- Sexist (targeting or discriminating based on gender)

Bullying is an abuse of power. A person is bullied when he or she is significantly upset or hurt by the actions of another, feels powerless to prevent this happening and fears that it will happen again.

## What can the School do?

Create an anti-bullying ethos by:

- Having an Anti-bullying charter in place
- Values-based assemblies
- Deliver anti-bullying message through PSE lessons
- Anti-bullying workshops for pupils
- Discussion at Pupil Leadership Team/Pupil Parliament, including Equity group
- Displaying publicity materials e.g. UN Articles, posters, poetry
- Develop peer support programmes e.g. Mentors in Violence Prevention
- Regular tracking and follow up of pupil wellbeing
- Supporting vulnerable pupils through self-esteem groups, wellbeing zone, quiet rooms

Effectively deal with incidents of bullying when they occur by taking the following actions:

- Managing allegations of bullying incidents
- Report all incidents of bullying to designated staff
- Listen carefully to all accounts
- Complete appropriate logs
- Adopt a problem-solving approach which involves restorative conversations
- Follow up repeatedly checking that the bullying has not resumed
- Regular communication with young people and parents



## What are the effects of Bullying?

The consequences of being bullied are wide-ranging and severe affecting many areas of a person's life. Here are some of the main ones:

- Frequent minor illnesses
- Refusal to attend school
- Punctuality and attendance problems
- Displays of anger
- Loss of confidence
- Depression
- Involvement in acts of aggression
- Social isolation