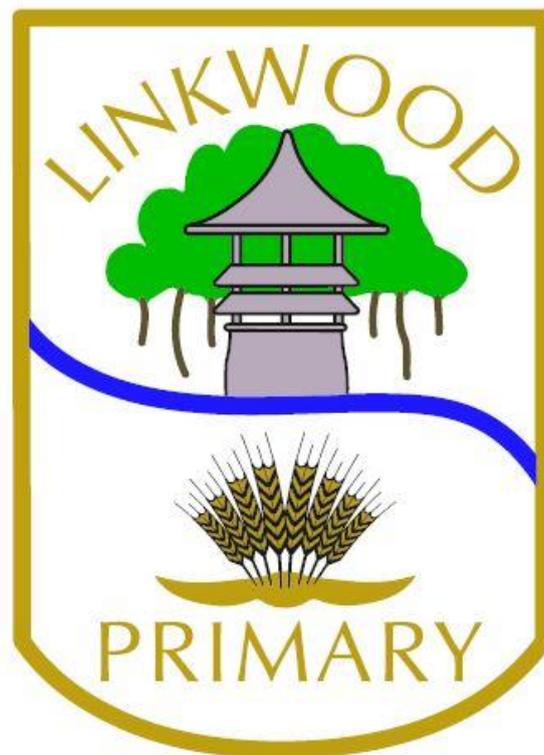


# Linkwood Primary Anti-Bullying Policy



## DOCUMENT HISTORY

- **Compiled by:** Fiona Stevenson, January 2019
- **Review Date:** January 2022

## 1. INTRODUCTION/BACKGROUND

**Bullying behaviour impacts on children's wellbeing and can affect their participation, attainment and inclusion.**

*Respect for All*, the Scottish Government's approach to anti-bullying for Scotland's children, aims to ensure that all schools and communities are consistently and coherently contributing to a holistic approach to anti-bullying, regardless of the type of bullying.

Central to this, *Respect for All* is underpinned by the values of fairness, respect, equality and inclusion.

This will help ensure that children feel safe and secure and are able to build up strong and positive relationships with peers and with adults.

Moray Council is committed to providing a safe, supportive environment for all its children.

## 2. RATIONALE

We believe that children learn best when they feel happy and secure and that they have the right to feel safe and secure both in school and on their way to and from school.

Linkwood School values are for everyone to be:

- kind
- responsible
- positive
- creative

Anti-bullying work is incorporated into our Health and Wellbeing curriculum and is addressed throughout the school. We use nurturing and restorative approaches to build positive relationships and to support and guide our children. Our approach aims to build capacity, resilience and skills in our children and in all those who play a role in their lives, to prevent and deal with bullying. We expect the co-operation of our whole school community in our efforts to stamp out any bullying in our school, striving to develop an environment where bullying cannot thrive.

## 3. AIMS

The **aims** of Linkwood School are to:

- promote a caring and supportive ethos in our school
- create an environment and code of behaviour where bullying is completely unacceptable
- create a safe environment in which pupils can confidently report bullying to an adult
- deal effectively with reported incidents and give appropriate support to pupils
- make clear to the whole school community that bullying, in any form, will not be tolerated
- tackle bullying by working in close partnership with parents and pupils
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#### 4. WHAT IS BULLYING?

##### **What is bullying?**

Bullying is the wilful, conscious desire to hurt, frighten or threaten someone. It is a pattern of deliberately hurtful behaviour. It is usually repeated over a period of time.

It involves an imbalance of power, a dominance of one person over another. It can lead to feelings of fear, worthlessness and depression and can have lasting effects.

Bullying is not a one-off incident of name-calling, arguing or fighting. It should be distinguished from normal child-like behaviour and the 'one-off' incidents that sometimes occur between children as they are growing up and learning social skills.

##### **What are the different types of bullying?**

Bullying may take a variety of forms, including the following:

**Physical bullying:** hitting, kicking, pushing, grabbing and damaging, taking or hiding someone's belongings

**Verbal bullying:** name calling, swearing, threats, making fun/teasing

**Emotional/psychological bullying:** leaving someone out, spreading rumours, refusing to talk to someone, whispering, staring, intimidating, gesturing

**Cyber-bullying:** tormenting, threatening, harassing, humiliating, embarrassing or otherwise targeting another child using the internet, interactive and digital technologies or mobile phones

**Prejudice-based bullying:** racism, sexism, homophobia or picking on a disability  
Bullying behaviour may be related to any perceived or actual differences or prejudice-based behaviours and may compound other difficulties in a child's life. With this in mind, vulnerable children may be particularly at risk of experiencing bullying.

#### 5. REASONS FOR BULLYING BEHAVIOURS

##### **Why do children bully?**

Children bully for many reasons, including the following:

- they may be unhappy or going through a difficult time
- to make themselves more popular
- to gain a sense of power or control
- pressure from friends

Bullies must not be allowed to continue behaving in this way, but they may also need help to change.

## 6. SIGNS A CHILD IS BEING BULLIED

### **What are the signs that a child may be being bullied?**

If a parent think their child may be being bullied, the following are some possible signs to watch out for (although there are many other possible explanations for these signs as well):

- being frightened to walk to or from school
- not wanting to go to school
- feeling ill at certain times of the week
- becoming withdrawn or anxious
- changes in their usual behaviour
- crying in secret or crying themselves to sleep
- having nightmares or interrupted sleep
- bedwetting
- beginning to do poorly in schoolwork
- becoming disruptive, aggressive or unreasonable
- coming home regularly physically hurt or with damaged clothes or possessions

## 7. STRATEGIES TO DEAL WITH BULLYING BEHAVIOURS

### **What will the school do?**

When an alleged bullying incident is raised, the school will take the following course of action:

- the allegations will be investigated through discussion with the relevant children and any appropriate members of staff/adults
- where bullying is suspected or confirmed, a record will be filed in the Bullying File in the Head Teacher's office
- staff will make it clear to the pupil(s) involved that bullying behaviour is unacceptable
- outcomes will be agreed with those involved to resolve the incident
- the school will monitor and record any further developments and follow-up over a period of time
- where a bullying incident is confirmed, the parents of both victim and perpetrator will be contacted

### **General strategies used by the school to tackle bullying:**

A combination of strategies are used in school to reduce incidents of bullying including:

- regular class discussions eg. circle time to talk about playground behaviour or other friendship issues concerning the children
- reminders of our school values, class/school rules and what is acceptable behaviour
- celebration of achievements in assemblies where positive behaviours are recognised
- teaching children not to tolerate bullying and know who to speak with if worried
- helping children to develop positive strategies and to assert themselves
- teaching children about keeping themselves safe when using the computer and other technologies

### **What can parents/carers do if their child is being bullied?**

- reassure their child that they have done the right thing in telling
- talk calmly with their child and listen to what they say
- explain to their child that they must report any further incidents to them or to the school
- inform the school immediately and/or ask for an appointment to see a member of staff
- do not confront other children or their parents

It is crucial for parents to monitor their child's use of chatrooms or instant messaging systems. If their child does receive inappropriate, unkind or threatening messages from another child at Linkwood, parents must inform the school straight away.

### **What can parents/carers do if their child is bullying another child?**

- listen to their child's explanation
- explain why their behaviour is unacceptable
- praise and encourage positive behaviour
- keep talking to their child
- spend positive time with their child, one-to-one if possible
- talk regularly to their child's teacher about their behaviour

### **What can pupils do?**

If a pupil is being bullied, they should:

- tell an adult in the school
- tell their family
- keep telling people until they feel safe
- take a friend with them to report bullying if they want to
- not blame themselves for what is happening

If a pupil thinks someone else is being bullied, they should:

- let an adult know
- try and be a friend to the person being bullied
- not rush over and take the bully on
- not join in

## 8. RESOURCES

### Further information and advice

Below is a list of helplines and websites which can offer valuable support to parents and children:

**Childline**

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

**Kidscape**

0845 120 5204

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Parentlineplus**

0808 800 2222

[www.bullying.co.uk](http://www.bullying.co.uk)

**Respect Me**

[www.respectme.org.uk/bullying/](http://www.respectme.org.uk/bullying/)