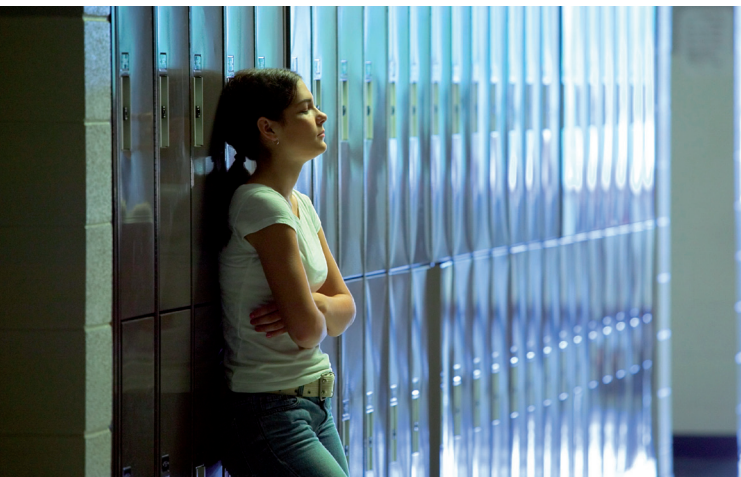


Rights and Responsibilities

Rights:

- Everyone has the right to be safe and free from bullying behaviour and harassment
- Everyone has the right for their property to be safe
- Everyone has the right to learn in a pleasant and healthy environment
- Everyone has the right to be treated with respect and understanding
- Everyone has a right to their own identity; and
- Everyone has the right to report incidences of bullying behaviour through appropriate channels



Responsibilities:

- Respect all people, personal property, and the rights of others
- Observe safety rules at all times
- Report incidences of bullying behaviour, harassment, theft
- Respect others' rights to the same happiness and enjoyment as you expect for yourself
- Avoid unhealthy and dangerous practices that affect you and others in the community; and
- Treat everyone with respect and understanding

North Lanarkshire Anti-Bullying Vision

North Lanarkshire Council is committed to the belief that every child has the right to grow up free from bullying behaviour. We want children and young people to live, learn, socialise and work in an inclusive North Lanarkshire, where differences between people are valued, people support one another, treat each other with respect, empathy and compassion and refrain from bullying behaviour. We are committed to fulfilling the Scottish Government's commitment to ensuring children and young people become confident individuals, effective communicators, successful learners and responsible citizens. All those who play a daily role in the lives of our learners should be enabled to prevent bullying behaviour and respond effectively to incidents of bullying behaviour when they occur.

Other organisations that can help you:

Parentline Scotland **0800 0282233**

Kidscape **www.kidscape.org.uk**

Respectme **www.respectme.org.uk**

Lesbian, Gay, Bisexual, Transgender
www.lgbtyouth.org.uk

www.northlanarkshire.gov.uk



anti-bullying information for parents and carers

I won't be bullied

I won't be judged

I won't be silent

I am not ashamed

I am strong

I am proud to be me



service and people first

What is Bullying Behaviour?

Bullying behaviour can be verbal, physical, emotional or online conduct which is unwanted and uninvited, and which causes distress and harm to the person experiencing it. It may be intentional or unintentional. This behaviour can produce feelings of helplessness, anger, confusion, disappointment and loss of confidence.

Possible Signs of Bullying Behaviour

- **Change in attendance at school**
- **Change in achievement level**
- **Unexplained injuries**
- **Change in sleep patterns**
- **Change in eating patterns**
- **Withdrawal**
- **Neglect of appearance**
- **Mood changes**
- **Depression**
- **Suicidal thoughts**

What if Your Child Displays Bullying Behaviour?

- **Explain the behaviour is unacceptable and is not a joke**
- **Provide effective non-violent consequences for your child's actions**
- **Help your child to understand the effects of their behaviour on others**
- **Teach your child to value diversity**

What if your Child is Experiencing Bullying Behaviour?

What Parents Can Do

- Listen to them and believe them
- Assure them it is not their fault
- Tell them you can work together to solve the problem
- Report the bullying behaviour to the school or organisation
- Provide evidence, if possible
- Identify others who may have witnessed it
- Help your child feel comfortable about telling

What North Lanarkshire Can Do

- Take all allegations of bullying behaviour seriously
- Provide support for all parties involved, the person experiencing the bullying behaviour and person displaying bullying behaviour
- Seek to restore damaged relationships and communities through restorative approaches
- Parents/carers will be informed, when appropriate



Types of Bullying Behaviour

Physical

Includes hitting, kicking, pushing, choking. It also involves stealing or damaging someone else's property

Verbal

Involves speaking to a person or about a person in a way that is hurtful to that person e.g. rumours, name calling

Emotional

Includes behaviour that embarrasses another person or upsets and excludes them e.g. exclusion from peer groups, hate notes, rude gestures and rude looks

Cyber

Involves the misuse of mobile phones, social networking sites, email to communicate degrading information about others or to start rumours. It is often hard to identify the person responsible for this type of bullying behaviour



Prejudice-based Bullying

- Asylum seekers and refugees
- Body image
- Disabilist - physical and learning disabilities
- Homophobic: because of or focusing on the issue of sexuality or perceived sexuality
- Looked After Children and Young People
- Racial
- Religious and belief
- Sectarianism