

Restorative Practices

Restorative Practices was developed to support and help the building and repair of healthy relationships. The two sets of restorative questions are:

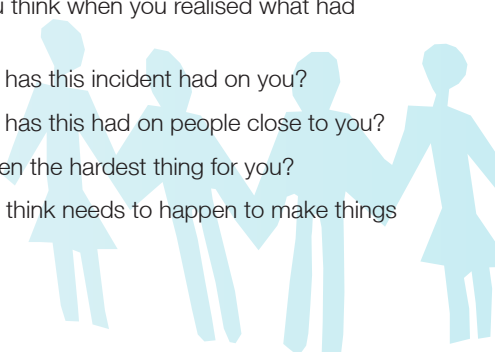
For those who have caused the harm:

1. What happened?
2. What were you thinking at the time?
3. What have you thought about since?
4. Who else has been affected by what you did?
5. In what way?
6. What do you think you need to do to make things right?



For those who have been harmed:

1. What did you think when you realised what had happened?
2. What impact has this incident had on you?
3. What impact has this had on people close to you?
4. What has been the hardest thing for you?
5. What do you think needs to happen to make things right?



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. 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. 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 and respond effectively to incidents of bullying behaviour when they occur.

Other organisations that can help you:

- Respectme www.respectme.org.uk
- Childline **0800 1111**
- Kidscape www.kidscape.org.uk
- Bullying Online www.bullying.co.uk
- Lesbian, Gay, Bisexual, Transgender www.lgbtyouth.org.uk

www.northlanarkshire.gov.uk



anti-bullying and restorative practices

information for children and young people

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, psychological, gender-based or online conduct which is unwanted and uninvited, and which causes distress and harm to the person experiencing the bullying behaviour. It may be intentional or unintentional. This behaviour can produce feelings of helplessness, anger, confusion, disappointment and loss of confidence.

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 Other Pupils Can Do

- **Support the person being bullied**
- **Don't join in**
- **Talk to someone you trust who can help**
- **Always report bullying**
- **Tell the person(s) responsible to stop, if you feel confident to do so**
- **Speak up - don't be a silent witness**

What to Do if You Are Experiencing Bullying Behaviour

- Tell the person who is bullying or harassing you to stop, if you feel confident to do so
- Tell someone you trust e.g. teacher, parent, friend, relative, pupil support team. This is not 'grassing' - everyone has the right to feel safe; and
- Continue to raise the subject until the problem is resolved

don't give up!

What the School Can Do

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



Types of Bullying

Physical

Includes hitting, kicking, pushing, choking. It also involves stealing or damaging someone else's property. Physical bullying is easy to see and identify

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 behaviours that embarrass another person or upsets and excludes them, when done on purpose e.g. purposeful exclusion, hate notes, rude gestures and sustained rude looks. This is usually less obvious



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 displaying this type of bullying behaviour.

Other Types

- Racist
- Homophobic
- Disablist
- Sectarian
- Ethnic
- Asylum seekers and refugees
- Looked after children and young people
- Body image