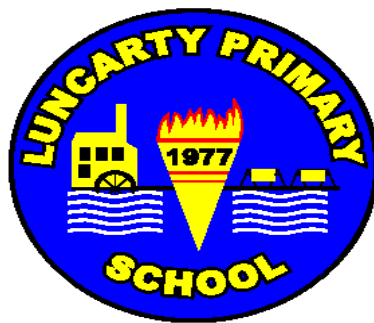


# Luncarty Primary School

## Anti-Bullying Policy



SESSION 2020  
Review 2023

## Part A- Rationale

As a school we take bullying seriously. Pupils and parents should be assured that they will be supported when bullying is reported. The school will seek ways to counter the effects of bullying that may occur within school or in the local community. The ethos of our school fosters high expectations of behaviour and we will challenge any behaviour that falls below this. Our Anti- Bullying Policy makes a clear statement about procedures in this school and should be read in conjunction with our Positive Behavior Policy.

All teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is, know what the school policy is on bullying and follow it when bullying is reported.

The aim of this policy is to work together to ensure that school is a safe place for children and adults to be in.

*Article 19 of the UN Convention on the Rights of the Child states that 'Children have the right to protection from all forms of violence (physical or mental), they must be given proper care by those looking after them' – this is made explicit to all pupils and staff.*

### What is bullying behaviour?

**Bullying behaviour is unwanted and uninvited verbal, physical, emotional or online conduct which causes distress and harm to the person experiencing the behaviour. It may be intentional or unintentional, can cause physical or emotional harm, may be repeated over time or be a one –off incident. Bullying is a combination of behaviours and the impact they have.**

**It can be a range of behaviours including**

- **Physical, which may include hitting, kicking, pushing or taking someone else's property.**
- **Verbal, which may include spreading rumours, name calling, teasing or talking about people**
- **Emotional, which may include excluding someone from the group, embarrassing someone or making someone feel bad for being different.**
- **Cyber, which often involves the same type of behaviour as other bullying behaviours but it, takes place online, on social network sites, in chatrooms, during gaming or instant messaging platforms. Some online behaviour is illegal.**
- **Prejudice-based bullying, which may include being targeted because of who you are or how people see you.**

There are many ways bullying behaviour impacts on a child who experiences it. Some of the ways in which this can be identified are as follows

- **Unexplained injuries**
- **Changes in school attendance**
- **Mood changes**
- **Becoming withdrawn**
- **Changes in achievement levels at school**
- **Changes in eating or sleeping patterns**
- **Becoming more isolated**  
**(see appendix 1)**

## Policy Principles

This Anti Bullying Policy is an integral part of the school ethos and links with the Values which are the basis of the school's positive behaviour policy:

- **Respect**
- **Responsibility**
- **Relationships**
- **Rules**
- **Routines**

### **It is therefore very important to respond to bullying behaviour**

Bullying behaviour hurts and no one deserves to experience this. Bullying behaviour has the potential to damage the mental health of a victim.

Everybody has the right to be treated with respect.

Pupils who display bullying behaviour need to learn different ways of behaving.

## Prevention

We use a variety of methods for helping children understand bullying behaviour and how to prevent this. This is done through:

- School assemblies
- Bounce Back
- Class health linked to relationships
- Curriculum links- co-operative learning
- Anti-Bullying week
- Safety online
- Pupil Council work
- Worry box
- Pupil questionnaires
- SHANARRI
- Positive acknowledgement and praise for good behaviour and respect to others
- Conversations about bullying behaviour

## Equal Opportunities and Additional Support Needs

This policy with other related policies ensures that inclusion, equality for all and sensitivity towards the needs and values of particular individuals is an integral part of all our procedures and dealings with pupils displaying bullying behaviour and their victims. The circumstances and needs of the individual will be taken into account when deciding on the approach to be adopted in resolving incidents.

## Responsibilities

All members of staff, pupils and parents should take collective responsibility supporting a child if they are experiencing bullying behaviour

### All staff

- **The Head Teacher and Senior Management are responsible for managing and Co-ordinating anti-bullying procedures. This includes the maintenance and development of staff knowledge and skills by providing access to appropriate training courses, materials and resources**
- **should remain vigilant about bullying behaviour and approach this in the same way as any other category of Child Abuse; that is, do not wait to be told before you raise concerns or deal directly with the matter.**
- **Should be able to identify children who may be vulnerable and who could fall victim to bullying as well as those who may demonstrate bullying behaviour. Children may not be aware that they are being bullied; they may be too young or have additional support needs.**
- **Should have a clear understanding of procedure for child who is experiencing bullying behaviour**
  - Listen to and believe the child
  - Take what is being said seriously
  - Give support and advice
  - Help the child feel safe
  - Remain calm
- **Should have a clear understanding of procedure for a child who is displaying bullying behaviour**
  - Explain to the child that the behaviour is not acceptable
  - Explain that the behaviour may have hurtful and damaging consequences to others
  - Contact parents / Carers

### Pupils

**If this is yourself :**

- **Ask the person to stop if confident enough to do so**
- **Tell someone- a friend, an adult in school and someone at home**
- **Put a slip in the worry box**
- **Learn to recognise bullying behaviour**

**If you see others experiencing bullying behaviour**

- **Don't ignore bullying behaviour and be a good friend**
- **Put a slip in the worry box on behalf of a friend**
- **Encourage others to tell if they are being bullied**

## Parents

### If your child is experiencing bullying behaviour

- Listen to your child and believe them
- Reassure and explain to them it is not their fault
- Reassure your child that the problem will be solved by working together
- Report the behaviour to the school
- Preserve any evidence
- Support your child so that they feel safe and comfortable about reporting their experience.

### If your child displays bullying behaviour

- Explain that the behaviour is not acceptable and is not a joke
- Explain that their behaviour may have hurtful and damaging consequences to others
- Employ non –violent sanctions for their actions
- Help and support your child to understand that it is O.K. to be different.

## Outcomes of Bullying Behaviour

- All known/reported incidences of bullying behaviour will be investigated by the class teacher or by a senior member of staff.
- Mediation intervention including the person who is experiencing the bullying behaviour, the person displaying bullying behaviour and any bystanders
- Parents are not generally contacted over every issue but should inappropriate behaviour continue after intervention strategies have failed to impact, then contact will be made.
- Parents of the child experiencing bullying behaviour will be contacted to ensure they are aware of the situation.
- Parents of the child displaying bullying behaviour will be contacted to ensure they are aware of the situation.
- Any consequences / sanctions will be discussed between school and home.
- In some cases, outside agencies may be requested to support the school or family in dealing with bullying behaviour
- If possible, the pupils will be reconciled. (see positive behaviour policy Restorative Practice or Appendix 2)
- After the incident / incidents have been investigated and dealt with, each case will be recorded in the Bullying Log and monitored to ensure repeated bullying does not take place.

## Monitoring and Review

We will monitor and review the effectiveness of our Anti-Bullying Policy and procedures by gathering feedback/information from:

- Audit and review consultation with staff, pupils and parents

A child may indicate by signs or behaviour that he or she is experiencing bullying behaviour. Adults should be aware of these possible signs and that they should investigate if a child:

- is frightened of walking to or from school
- begs to be driven to school
- changes their usual routine
- is unwilling to go to school (school phobic)
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in school work
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home starving (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is displaying bullying behaviour themselves to other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous and jumpy when a cyber-message is received
- lack of eye contact
- becoming short tempered
- Change in attitude to people at home.

These signs and behaviours could indicate other problems, nevertheless and should be investigated.

### Restorative Practice\*\*

As part of our positive behaviour we use a restorative approach with the children aimed at supporting the children understand their behaviour and how disagreements can be restored to a satisfactory conclusion for all involved.

The approaches we follow include

- Expecting the children to do as they are asked first time
- Listening to and talking to others with respect
- Encouraging the children to ignore silly behaviour
- Tell others –STOP ,I don't like it and using their hand signal
- Seeking out an adult for help if they feel they cannot deal with an issue themselves.

The approach used by all staff uses the following 5 questions when dealing with issues that need to be resolved

The questions asked of those who have been harmed are :

- What happened?
- What did you think when you realized what had happened?
- How did it make you feel?
- Who else has been affected?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

The questions asked of the person who has caused the harm are :

- What happened?
- What were you thinking at the time?
- How were you or how are you feeling?
- Who has been affected and in what way?
- What do you need to do to put things right?

## Other helpful organisations

### **respectme**

**Scotland's Anti-Bullying Service have a website that offers practical advice and guidance**

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

### **Childline**

**Has a bullying section for young people and offers a confidential helpline for children**

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

### **Parentline**

**A confidential service for parents and carers**

**[www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)**

### **CEOP**

**Child Exploitation and Online Protection Centre website provides information and advice for safety online.**

**[www.ceop.gov.uk](http://www.ceop.gov.uk)**

### **Anti-Bullying Support for Parents and Carers**

**Anti-Bullying Support for pupils**

**Both leaflets are available from Perth and Kinross Council website**

**[www.pkc.gov.uk](http://www.pkc.gov.uk)**