

Parent/Carer Responsibilities

Parents and carers have responsibilities which are vital in combating bullying. They are reminded to:

- Contribute to and familiarise themselves with the school's anti-bullying policy
- Stress to their child(ren) the importance of building positive relationships, displaying the qualities of being 'Ready, Respectful and Safe' at all times
- Actively listen to your child(ren) when they share information on situations that may be considered as bullying
- **Report any incidents or concerns relating to either victims or perpetrators of bullying, acting in the best interests of the child/young person involved, by contacting the school office**
- Work in partnership with the school to resolve the issue, keeping channels of communication open until the situation is resolved
- Engage with any opportunities to develop knowledge of bullying, keeping up to date with developments in this area
- Avoid telling your child/young person to retaliate – although a common response, this is not necessarily the most effective or safest option

If you are concerned about bullying, please contact the school office on 01465 716801

What will the school do?

School staff will begin by investigating the situation thoroughly and will then decide an appropriate course of action. This may include:

- Support for the child being bullied;
- Work with the child/young person displaying the bullying behaviour;
- Speaking to parents/carers of those involved;
- Encouraging empathy, a genuine and meaningful apology and reconciliation;
- Assemblies and/or class activities;
- Involving other agencies;
- Deciding on appropriate consequences;
- Ongoing monitoring.

Parents/carers will be kept informed throughout the process.

Useful Links

- RespectMe – Scotland's anti-bullying service - <https://respectme.org.uk/>
- Childline – <http://www.childline.org.uk/>
- ThinkUKnow – Online safety resources - <https://www.thinkuknow.co.uk/parents/>
- Bullying – A Guide for Parents and Carers - <https://education.gov.scot/improvement/learning-resources/inc79-bullying-guide/>
- Respect for All: The National Approach to Anti-Bullying for Scotland's Children and Young People - <https://education.gov.scot/improvement/self-evaluation/respect-for-all-the-national-approach-to-anti-bullying-for-scotland-s-children-and-young-people/>

Girvan Primary School

South Ayrshire Council

Anti-Bullying

A Guide for Parents and Carers



What is Bullying?

'Bullying is both behaviour and impact; the impact is on a person's capacity to feel in control of themselves. This is what we term as their sense of 'agency'. Bullying takes place in the context of relationships; it is behaviour that can make people feel hurt, threatened, frightened and left out. This behaviour happens face to face and online.'

(RespectMe, 2015)

Bullying takes place when the actions of an individual or group of people cause harm to someone by taking advantage of an imbalance of power within a relationship (whether perceived or real). This behaviour can harm people physically or emotionally and, although the actual behaviour may not be repeated, the threat may be sustained over time, typically by actions, looks, messages, confrontations, physical interventions, or the fear of these.

This behaviour can include, although is not limited to:

- Being called names, teased, put down or threatened face to face/online
- Being hit, tripped, pushed or kicked
- Having belongings taken or damaged
- Being ignored, left out or having rumours spread about you (face-to-face and/or online)
- Sending abusive messages, pictures or images on social media, online gaming platforms or phone

- Behaviour which makes people feel like they are not in control of themselves or their lives (face-to-face and/or online)

Bullying is unacceptable and must be addressed quickly

What bullying is not

Bullying is not when two people have a disagreement or fall out over something. This is a normal part of growing up. Bullying, however, is not a normal part of growing up and is should never be seen as such

Prevention and Education

Prevention is the most effective way to limit and, hopefully, eradicate bullying within the school community.

At Girvan Primary School, positive relationships are promoted through:

- Our role modelling of appropriate behaviours;
- Our values of being **Ready, Respectful and Safe**;
- Our curriculum, including our PATHS Health and Wellbeing programme; and,
- Our commitment to being a Rights Respecting School.

Signs that your child is being bullied

There are a number of potential signs to look for if you are concerned that your child is being bullied. A child or young person may:

- Become withdrawn
- Have unexplained injuries
- Have trouble with school work or not want to go to school
- Change their route to school
- Not want to go out or play with friends
- Change their use of online and/or mobile technology
- Complain of aches or other pains
- Become easily upset, tearful, ill-tempered or display other out-of-character behaviour

This list is not exhaustive and the presence of above symptoms does not necessarily indicate that your child is being bullied however parents/carers are in the best position to recognise any changes in behaviour that need to be explored.

Responsibilities

Children, young people and school staff have responsibilities in order to promote positive relationships and combat bullying - these are regularly discussed in school. Parents/carers also have responsibilities in promoting positive relationships and combatting bullying. These are detailed overleaf.