



Peebles High School

Anti-Bullying Policy

Advice for Young People



What does bullying look like?

What does bullying sound like?

How does bullying feel?

- Physical - including pushing, kicking, tripping, hitting, punching or any use of violence
- Verbal - verbal aggression, name calling, teasing, spreading rumours, offensive remarks
- Racist - racial and/or religious taunts, graffiti, gestures
- Sexual - unwanted physical contact or sexually abusive comments
- Homophobic - focusing on issues of sexuality
- Cyber - causing anxiety and distress by means of technology (texts and other messages, social media usage, the circulation of images)
- Emotional - excluding, tormenting, making people feel like they are being bullied or fearful of being bullied, tampering with or stealing and damaging belongings
- Discrimination - targeting someone because of who they are or are perceived to be



What is bullying?

<https://www.youtube.com/watch?v=FQdhWJeeDaY>

Respect Me Scotland created a video to explain what bullying is, including the behaviour, the impact, and what you can do about it:



Key Points:

- Bullying is both behaviour and impact
- Bullying can make you feel like you have no control
- Bullying can make you feel hurt, sad, left out and unsafe
- Bullying can happen face to face and online

Key Learning:

<https://www.youtube.com/watch?v=IQdo4e5AQJQ>

<https://www.youtube.com/watch?v=N41xJ8mmNyl>



What can you do about bullying?

<https://www.youtube.com/watch?v=jj7u9vOb0wU>

Respect Me Scotland created a video to help you feel more confident at spotting bullying if it is happening to you, or if you see it happening to someone else, and offers advice on what you can do about it:

The \wedge complete picture
on how to cope with bullying.

Key Points:

You have lots of options, you might try one option, no options, a few, or all of them. They might work first time or they might not. You need to do what's right for you, so you can be you again.

Key Learning:

<https://www.youtube.com/watch?v=d1pCMLAe3w>



**We are all different
who would want to be the
same anyway?**

https://www.youtube.com/watch?v=SwSpj0eMZ_c

Respect Me Scotland created a video about people's prejudices towards other people because they are different in some way.



Key Points:

- Everyone deserves respect. You don't have to like someone but you do have to respect them
- Everyone deserves to be treated with kindness
- Everyone deserves to feel safe
- There are certain protected characteristics covered by the Equality Act (20-10)
- Prejudiced based bullying is a hate crime

Key Learning:

<https://www.youtube.com/watch?v=gj1griL3pNM>

<https://www.youtube.com/watch?v=JXPMGKpcEog>



United Nations Convention on the Rights of the Child (UNCRC) 1989

Bullying is a Breach of Children's Rights

Key Points

- The impact of bullying behaviour is a children's rights violation
- The positive impact of healthy relationships, supportive role models, inclusion, love and respect can be undermined by the impact of bullying behaviour and prevent young people from reaching their full potential
- Being excluded from activities from other young people or adults is a form of bullying behaviour which can have a harmful impact on wellbeing
- Bullying behaviour that harms the reputation of young people, either face to face or online, has a significant impact on young people's wellbeing. The impact of bullying on self-esteem and aspirations can prevent young people from reaching their full potential

Key Learning:

https://www.youtube.com/watch?v=Q_k5kj7inhY



School & Community Group Agreement

A right is a basic need, rather than an entitlement or expectation. Young people should be protected from bullying behaviour so that they can survive, develop and participate in a fulfilling life. Bullying is a breach of Children's Rights because it threatens their development.

There are 54 articles in the Convention which cover four broad areas:

- Survival rights
- Development rights
- Protection rights
- Participation rights

We all have a part to play towards creating an inclusive, positive and respectful culture within the school and our behaviours must reflect a positive working and learning environment that enables our school community to become all that they can be. This means all young people have responsibilities too.

- The responsibility to be Ready
- The responsibility to be Respectful
- The responsibility to be Safe



Clear Consequences

When all attempts of restorative approaches to bullying have been exhausted and are not successful, consequences may be required to ensure the safety of all young people.

Parents/carers would be invited to a meeting to discuss these. Examples of consequences may include:

- Withdrawal of privileges eg. school trip
- Supervised social times
- Removal from a group in class
- After school detention
- Temporary exclusion - this will only be used as a last resort for repeated bullying behaviour. This allows the team around the young person to devise a plan to support all involved

A rights-based response will always be taken to ensure that all children's rights are respected, and all decisions made will be reflective of the individual needs of everyone impacted and involved.

