



This statement was written following consultation with all pupils, with home and with staff. It reflects our shared definition of bullying and shows how we must all work together to stop it happening at PUSCPS and in our communities.

Pumpherton & Uphall Station CPS Bullying Statement (January 2017)

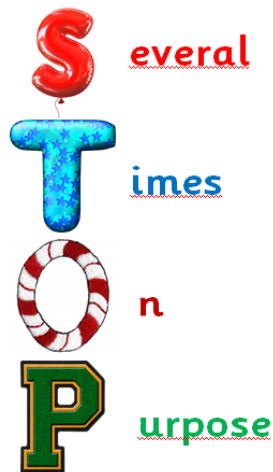


What is bullying?

“Bullying is unwanted hurtful behaviour that involves a power imbalance between people. Bullying is intentionally causing hurt repeatedly. **It can be physical, verbal, emotional or cyber.**

Bullying is when hurtful things happen repeatedly:

“Several Times On Purpose”



Working in partnership with home:

- Speak to your children about relationships. Children fall out, say unkind things and get upset easily. This isn't necessarily bullying, but it is still helped by talking about it openly.
- If you are concerned—speak to your child's class teacher or the Management Team. We will investigate, speak to all of the children involved and will help pupils find ways of sorting problems openly together.
- Solving bullying is complicated and not everyone sees things in the same way; It takes time to resolve issues.
- Our aim is to stop bullying from happening—not to punish bullies. We will always try to find ways to help pupils understand what they are doing, how it makes others feel and how they can work to put things right.

How do we stop bullying?

Bullying thrives on secrets. The only way to keep on top of it is to talk about it openly, honestly and regularly. At PUSCPS we use our 3F conversations to solve problems if you are being bullied speak to an adult you trust or one of our P7 Peer Supporters.

- **Report it**—other people can help it stop.
- **Don't react**—the bully wants to see you upset.
- **Be honest**—say to them “That's bullying—stop it!”
- **Support each other** —don't watch and do nothing.



Help if you think you have bullied others.

Bullying is behaviour we do not want at PUSCPS. If you think you may have behaved in a way which has upset or hurt someone, **Several Times On Purpose** then ask for help. Any trusted adult in school or home can help you if you think you may have bullied someone and want to stop this behaviour and make amends for the hurt caused.



Support each other. Bullying in school can be solved by you! Don't stand by if you see or hear it happening. **Speak up!**—say “no” to the bully and tell an adult what is happening. Look out for others, not just your friends.