



## What is bullying?

It is not easy to give an exact definition of bullying as it can take many forms.

### Bullying can be:-

- Emotional - being unfriendly, excluding, tormenting
- Physical - pushing, kicking, hitting, punching or any use of violence
- Racist - racial taunts, graffiti, gestures
- Sexual - unwanted physical contact or sexually abusive comments
- Homophobic - focussing on the issue of sexuality
- Verbal - name-calling, sarcasm, spreading rumours, teasing
- Cyber - all areas of internet, such as email and internet chat room misuse
- Mobile threats by text messaging and calls.

Bullying usually occurs when an individual or group uses strength or power to hurt, either physically or emotionally, by intimidating or demeaning others. It is usually persistent and is often covert and is a conscious attempt to hurt, threaten or frighten someone.

## **Policy into Practice**

There are 4 key aspects to prevent and reduce bullying.

### **Developing Positive Relationship**

Everyone at Bonnyrigg Primary School is committed to providing a caring, friendly and safe environment for all pupils so they can learn in a relaxed and secure atmosphere. We use our Behaviour and Rewards Policy to create a culture of respect and responsibility. We have P7 buddies in P1 and teachers have circle time sessions with classes.

### **Building Capacity, Resilience and Skills**

As part of Curriculum For Excellence, classes use the Experiences and Outcomes to teach Health and Well Being.

Classes create class rules, follow the school rules and learn about their rights under the Convention on the Rights of the Child.

Pupils are involved in pupil groups where they help to shape our school and expectations are shared at assemblies. Our Support for Learning team have regular tracking meetings with the Senior Leadership team to identify needs and appropriate supports.

### **Preventing Bullying Through Strategies**

All staff are trained in our Behaviour Management Policy and incidents will be dealt with promptly, consistently and effectively following school procedures.

### **Supporting Those who are Bullied**

Bullying of any kind is unacceptable at our school. If bullying does occur we want all pupils to be confident and talk to a member of staff about matters of concern to them. We are a TELLING school. This means that we encourage our pupils to tell a member of staff, if they know that bullying is happening in our school.

Pupils will be taught the following procedure:-

- Children should initially tell the other person to stop the behaviour, as they don't like it (Cool in School strategy)
- If the behaviour continues, they should then say they will report the behaviour to an adult
- If the behaviour is repeated on another occasion, the pupil will go to an adult for help
- Reported incidents will be investigated and recorded on the GIRFEC server. If an incident is found to be bullying then a 'Bullying Concern' form will be completed and it will be recorded on the Seemis system

## **Staff Responsibilities**

- Promoting positive attitudes, behaviours and relationships
- Dealing promptly and effectively with all allegations of bullying
- Being fully aware of this policy and related procedures
- Supporting children and young people in understanding bullying and its effects and consequences
- Through the curriculum and related activities, building the capacity of children and young people to challenge bullying behaviour
- Helping children and young people, parents and carers understand the difference between bullying and other behaviours

## **Children and Young People Responsibilities**

- Having positive relationships and attitudes and challenging bullying behaviour if they feel able to do so
- Telling a trusted person if they have any worries about bullying
- Keeping themselves and others safe with support from adults

- Understanding the difference between bullying and other behaviours
- Engaging in safe, responsible use of mobile technology

## Parents and Carers Responsibilities

- Ensuring and promoting their children's health, welfare and development
- Encourage safe and responsible use of mobile technology
- Communicating concerns to a relevant member of school staff in the first instance, and working in partnership with them to resolve these concerns

## Useful websites/ Links

[www.antibullying.net](http://www.antibullying.net) - an excellent website which provides a great deal of information

<http://www.bbc.co.uk/learningzone/clips/preventing-cyber-bullying/6131.html> - BBC video clip about cyber- bullying

<http://www.respectme.org.uk> - an excellent website for parents and staff to help prevent and deal with bullying

<http://www.thinkuknow.co.uk>

<http://www.childnet-int.org.uk>

UNICEF Rights Respecting Schools

Health and Wellbeing in Curriculum for Excellence:

[www.educationscotland.gov.uk/learningteachingandassessment/curriculumareas/healthandwellbeing/index.asp](http://www.educationscotland.gov.uk/learningteachingandassessment/curriculumareas/healthandwellbeing/index.asp)

Getting it Right for Every Child: [www.scotland.gov.uk/Topics/People/Young-People/gettingitright](http://www.scotland.gov.uk/Topics/People/Young-People/gettingitright)

List of legislation relevant to all aspects of online safety:

[www.scotland.gov.uk/Topics/Education/Schools/HLivi/behaviour](http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/behaviour)

360degree safe: an online, interactive self review tool which allows schools to review their e-safety policy and practice [www.360safeScotland.org.uk](http://www.360safeScotland.org.uk)

**BULLYING CONCERN – initial referral form**



Reported by: ..... to .....

Date: .....

**When did the alleged incident take place?**

Before School		Interval		Lunchtime	
In Class		Between classes		After school	

**Where did the alleged incident occur?**

In the playground		In school building		On way to/from school	
Both on and outside of school premises		On school transport		Other	
Online					

**People involved – including witnesses:**

**Type of alleged incident**

Verbal		Isolation	
Written		Incitement	
Physical		Using Technology	
Socio-economic		Body Image	
LAC child			
Damage to property		Other	

**Outcome:**

Copy to class teacher