

## Allegations of Bullying

At Newbigging, bullying is a whole school issue involving all staff, pupils and parents. Our pupils are made aware that 'it is all right to tell' and that their fears will be investigated and responded to in a positive manner.

When parents approach our school to report an alleged bullying incident, they are listened to sympathetically and carefully and their concerns are taken seriously. Feedback to their allegations will be offered as soon as possible after all investigations have been made.

## Intervention - A consistent response to bullying

- Head Teacher is informed as soon as an allegation has been made
- Head Teacher investigates and records the alleged incident
- Head Teacher informs both sets of parents and may invite them to school to assist in resolving the problem
- Appropriate courses of action are agreed and monitored to alleviate the bullying
- Head Teacher records any incident/allegation using the Authority's recording system
- If serious or persistent allegations occur, the school may inform external agencies (eg Social Work, Police).

For further information:

- **respectme**, Scotland's Anti-Bullying Service  
[www.respectme.org.uk](http://www.respectme.org.uk)
- **Childline**, a confidential helpline for children and young people  
[www.childline.org.uk](http://www.childline.org.uk)
- **ParentLine Scotland**: a confidential service for parents and carers  
0808 800 2222  
[www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)
- **Samaritans**:  
08457 90 90 90  
[www.samaritans.org.uk](http://www.samaritans.org.uk)
- **Breathing Space**:  
0800 83 85 87  
[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

*We hope you have found this information useful. If you wish any further details, please phone school and we will provide the information you require.*

# Newbigging Primary School



## Parent Information - 'Bullying... You can make a difference'

Working Together to enable our pupils become:

- Successful Learners
- Confident Individuals
- Responsible Citizens
- Effective Contributors

*Information for parents  
and carers*

## The aims of our Anti Bullying Policy

Newbigging Primary School actively seeks to provide an environment that is safe from all forms of intimidation.

Bullying behaviour at school can have a profound effect on children's lives and can have a lasting effect on them into adulthood. It can undermine their self-esteem and self-confidence and often result in them displaying bullying behaviour themselves.

### What is bullying behaviour?

There isn't any one single type of behaviour that defines bullying; it comes in many different forms, which can include:

**Physical** - e.g. hitting and kicking as well as taking/damaging of belongings

**Verbal/Emotional** - e.g. name calling, insulting and Racist remarks, isolating/ignoring, threatening, spreading rumours

**Cyber** - e.g. sending abusive/inappropriate text messages/images or emails, sending inappropriate messages/images on social networking sites e.g. My Space, Bebo, MSN Messenger

When talking about bullying, it's never helpful to label children as 'bullies' or 'victims'. Labels can stick for life and can isolate a child, rather than helping them to recover or change their behaviour. We need to explain why the behaviour is wrong so they can change it - it's easier for a child to change their behaviour, and it's easier for the adults in their lives to support them to change, than it is to shake off a label.

## What signs should parents look for?

- They become withdrawn
- They have scratches and bruises that can't really be explained
- They don't want to go to school or they have trouble with school work
- They don't want to go out or play with friends
- They complain of headaches, stomach aches and other pains
- They become easily upset, tearful, ill-tempered or display other out-of-character behaviour

### What should parents do?

- Don't panic and try to keep an open mind
- It's important that you **listen and reassure them that coming to you is the right thing to do**
- Take time to ask how they feel
- Try to find out more about what has happened; who was involved, what type of bullying they have experienced, and where and when it has taken place
- Encourage your child to talk
- Inform the school immediately if you feel there may be a bullying problem by phoning/writing to the class teacher or head teacher
- Encourage your child to tell a teacher or the playground supervisors if they, or any of their friends are experiencing difficulty in or out of school
- Avoid unsupervised exposure to violence on television/DVD/computer games/internet.

## What should parents do if their child is displaying bullying behaviour?

Children can become involved in bullying behaviour for a number of reasons - there is no such thing as 'typical' bullying behaviour. Again, all behaviour communicates feelings, so it's important that you explore the reasons behind their behaviour, which might include:

- They do not recognise their behaviour as 'bullying'
- They are unaware of the impact their behaviour is having on other people
- They feel challenged and are trying to regain control over a person or situation
- They have experienced bullying behaviour themselves and want to avoid being a target
- They are trying to draw attention to problems they are experiencing themselves

The advice for parents whose child is involved in bullying behaviour is not that different from the advice given to parents whose child is being bullied.

- Remain calm, take the time to LISTEN to your child's explanation
- Explain why their bullying behaviour is wrong
- Agree what you're going to do to stop the bullying behaviour. All behaviour carries consequences and your child has to realise they are accountable for their actions
- At school this might mean finding a way forward that gives them a chance to make amends or repair relationships with the other person

