



Anti-Bullying Advice for Pupils and Parents

Fishermoss School is committed to ensuring that each child feels safe in the knowledge that bullying is not tolerated. All pupils, while recognised as individuals, are treated with equal respect and compassion. We shall deal with incidents of a bullying nature in a caring and sensitive manner.

What is Bullying?

- It is sometimes difficult to distinguish between teasing and bullying. Teasing stops being fun when it becomes one-sided and turns quite nasty. Teasing is often a two-way process, whereas bullying is normally very one-sided.
- Bullying is thought of as a repeated action with the intention of causing distress.

Advice to Pupils

Nobody has the right to hurt another person. Always try to treat others the way you would like to be treated. We must treat everyone with respect.

Tips

- If you are being bullied do not keep it a secret. Tell someone you trust. Remember you can use the post box in your area.
- Always tell your parents.
- Try to ignore the bully and walk away quickly and confidently.
- Tell the bully – ‘Stop it! I don’t like it’ or ‘That’s enough! Stop it!’.
- Tell yourself that you don’t deserve to be bullied.
- Stay with people you trust and feel safe around.
- Do not fight to keep possessions. Leave valuables at home.

Childline is a free national helpline for children for advice about all problems including bullying

Telephone: 0800 1111 or Childline Scotland: 0800 441111

There is also a website: www.childline.org.uk

REMEMBER YOU ARE AS IMPORTANT AS ANYONE ELSE!

Tips for Parents

Tell-Tale Signs

Children may

- Be unwilling to go to school
- Deteriorate academically.
- Become distressed e.g. disturbed sleeping patterns, stop eating bed-wetting and become withdrawn.
- Continually lose dinner money or possessions.
- Have unexplained bruises, scratches or cuts.
- Show uncharacteristic aggressive behaviour.

Remember – these characteristics can occur for other reasons – they do not necessarily indicate your child is being bullied.

How can you help?

- Talk to your child. Encourage them to discuss any worries with someone they trust at school.
- Tell the school your concerns immediately.
- Assure your child that they do not deserve to be bullied.
- Encourage your child to walk away quickly and confidently.
- Also encourage your child to tell the bully – ‘Stop it! I don’t like it!’ or ‘That’s enough! Stop it!’
- Parentzone is a website that gives advice and support for your child’s learning: www.parentzonescotland.gov.uk

Please approach school about anxieties. We will support you and your child in any way we can.

Websites

www.antibullying.net

www.bullying.co.uk

www.kidscape.org.uk