



PORTLETHEN ACADEMY COMMUNITY SCHOOL SAYS

NO

TO BULLYING

Our Statement

At Portlethen Academy Community School we are committed to providing a caring, friendly and safe environment for all our pupils so they can learn in a relaxed and secure atmosphere.

BULLYING OF ANY KIND IS UNACCEPTABLE AT OUR SCHOOL

If bullying does occur then all pupils should be aware of the support that is available. The Anti-Bullying Policy for Portlethen Community School is outlined below.

What Is Bullying ?

- B** Being unfriendly
- U** Unwanted physical contact
- L** Lies
- L** Loosing self-confidence
- Y** You feel miserable
- I** Is frightening
- N** Name calling
- G** Getting grief

Bullying Behaviour

- **Emotional** excluding, tormenting
- **Physical** pushing, hitting, punching
- **Racist** racial taunts, gestures
- **Homophobic** focussing on sexuality
- **Verbal** name-calling, sarcasm, rumours

“Don’t speak to her, she doesn’t live near us“

“Come on. Let’s just drop the litter in front of the people trying to tidy up”

Signs of Bullying

- Becomes anxious, withdrawn or lacking in confidence
- Comes home with clothes torn or books damaged
- Has possessions go “missing”
- Eats Little
- Has unexplained cuts and bruises
- Cries at night or has nightmares

“Mum I’ve missed the bus again. Do I have to go to school? “

“ I don’t know why you’re always so negative these days “

What to do if bullying Occurs

What pupils can do:

- **Tell teachers or any other adult**
- **Note what the bully does**
- **Speak to friends**
- **Try to avoid the bully and ignore comments**
- **Share your concerns**

What parents can do:

- Ask questions calmly and sensitively
- With your child's approval speak to a Guidance teacher
- Advise your child to access support mechanisms at School e.g. PPL
- Keep monitoring

What Teachers can do:

- Listen and investigate
- Advise on ways to deal with the bullying
- Refer persistent cases to Guidance staff and SMT
- Take action against any bullying incidents

Outcomes

- Appropriate personnel investigate reported incidents
- Action is taken bully spoken to
- Parents involved
- Restorative Practices
- Appropriate disciplinary action
- Police Involvement
- Monitoring to ensure bullying behaviour is not repeated.

Bullying hurts. No one deserves to be a victim of bullying.

As a school we take bullying seriously. Pupils and Parents should be assured that they will be supported when bullying is reported.

Bullying will not be tolerated.

Additional sources of support,

www.bullying.co.uk

www.antibullying.net

www.childline.org.uk

Childline 0800 1111

Childline Bullying 0800 44 1111