

# Portlethen Academy

## Anti-Bullying Information



As a school community we promote the values of Learn and Improve, Get Involved, Think of the Consequences and Respect for All. As part of this, our school has a **zero tolerance** policy on any forms of bullying.

We all have a part to play in ensuring that our young people feel safe, secure and ready to learn within our school environment. It is the responsibility of all to ensure that no other person's actions cause anyone to doubt their safety or security within our school.

### What does bullying look like or sound like?

- Any form of name-calling either verbally, to others, or on social media
- Purposely isolating someone
- Being physically violent towards another person
- Spreading rumours
- Telling lies about someone else
- Passing negative comments on social media
- Any form of homophobic, racist or sexist language either about or to anyone else



### Bullying and Social Media

As a school community, we are aware of the prevalence of social media and that it has a very positive and powerful role to play in our society now. However, it can also be misused and often people can misinterpret the rules around it. Facebook, Instagram and Snap chat all have disclaimers that require the users to be 13 years of age or older. The reason for this is so that they are emotionally equipped to deal with the readiness of content and information that instantly becomes available to them. If social media or its use is a particular concern for you or your child then please speak to your child's Guidance teacher.

### What do I do if I'm worried about being bullied?

- Talk to someone - are you really being bullied or have you found that you and another person just don't get on? There are a lot of pupils at the Academy and not all of them will be best friends naturally.
- Tell someone! Your Guidance teacher will always listen and offer support. At the Academy you will also have a Daily Contact Tutor that you will see every day.
- Speak to MVP mentors or Prefects
- Collect evidence- screenshots, or a record of anyone who was witness to any behaviours you fear are bullying can help gain a fuller picture of what is going on.

## What can I do as a parent if I'm worried about bullying?

- Advise your child to speak to an appropriate person at school
- Keep calm and try to respond rather than react when your child is opening up to you
- Keep a record of particular concerns
- Reassure your child that this situation can be resolved



## What action will school take?

- Investigate discreetly any instances of bullying that are brought to our attention
- All pupils involved spoken to
- Incidents logged centrally within school
- Disciplinary action taken if appropriate
- Restorative action taken if appropriate
- Parents informed
- Depending on situation Police Scotland could be involved
- Monitor to ensure it is not repeated

## Where can I get more information or additional support?

### For Parents & Guardians:

#### **Advice for Parents:**

<http://www.bbc.co.uk/schools/parents/bullying/>

**Advice for Parents:** <https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

<https://respectme.org.uk>

#### **Parentline:**

<https://www.parentline.com.au/parenting-information/tip-sheets/school-related-bullying.php>

#### **Think U know? Parents:**

<https://www.thinkuknow.co.uk/Parents/>

### For Young people:

#### **Think U know 11-13yr olds:**

[https://www.thinkuknow.co.uk/11\\_13/](https://www.thinkuknow.co.uk/11_13/)

**Childline:** <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/>

#### **Young minds:**

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

#### **NSPCC:**

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/>

#### **Respect Me:**

<https://respectme.org.uk>



**ParentLine**  
SCOTLAND 08000 28 22 33

**NSPCC**  
Cruelty to children must stop. FULL STOP.

