

Our Bully Busting Box!

Sometimes it is hard to tell others what is happening or how you feel. Craigievar School has a 'Bully Busting Box' where you can write down anything you want a trusted adult to know.

Remember, everyone makes mistakes and may sometimes say or do something mean. This is NOT bullying.

Bullying is NOT:

- An argument or disagreement
- An accident
- A bad mood
- Small problems between friends

You must tell an adult about anything you think might be bullying behaviour but it is important to understand the difference between 'Tattling' and 'Telling'.

'Tattling'	'Telling'
Getting someone IN trouble	Getting someone OUT OF trouble
Unimportant	Important
Harmless	Harmful or dangerous
Accident	On purpose

What Happens Next?

When a trusted adult knows that there may be bullying behaviour happening, they will try to find out as much information as they can by:

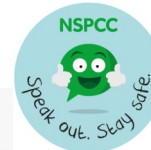
- talking to children
- talking to staff
- talking to parents
- watching carefully
- checking written notes to see if anything has happened before

We will help make things better by:

- Using restorative approaches
 - Who is involved?
 - How did they feel?
 - How can we repair any harm or hurt?
 - How can we 'move on'?
- Helping everyone to understand what bullying is, how to recognise it and what to do if you see or experience bullying behaviours
- Helping the person that has experienced bullying behaviours and the person or people who have been carrying out the bullying behaviours.
- We will use our computer system to note any bullying behaviours and what has been done
- We will speak to parents and families so they can help too

Where can I find out more?

There are lots of ways to find information or get help with anti-bullying, including:



Craigievar School
Bully
Busters!

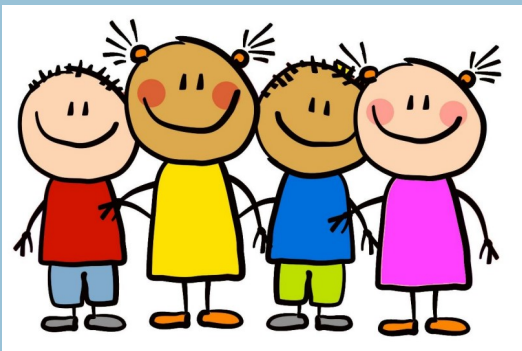


Craigievar School Bully Busters

Bullying is NEVER ok. Everyone at Craigievar School needs to be **S**afe, **H**ealthy, **A**chieving, **N**urtured, **A**ctive, **R**espected, **R**esponsible and **I**ncluded.



At Craigievar School we try to notice the positive and reward others for being kind, respectful and resilient. This helps us to look after each other and make sure everyone is happy.



We look out for 'Golden Moments' and tell each other when they have made us feel good.

What is bullying?

Bullying is causing harm to another person on purpose. This harm can be physical or emotional and cause the person to feel hurt, threatened, scared, worried or lonely over a period of time.

Bullying can happen in person and online through actions, words, looks, fights, messages, pictures, lies, triggers and through causing someone to feel left out.

Physical bullying can include hurting someone by kicking, punching, spitting, pushing or taking/breaking things that belong to them.

Emotional bullying is hurting someone's feelings and can include leaving them out or bossing them about.

Verbal bullying is teasing someone and can include saying something that the bully knows annoys/triggers someone, calling them names or using hand signs.

Cyber or online bullying can include sending unkind and upsetting messages or pictures over the internet, by text message or on social media.

Bullying can be done through another person, by one person sending another person to say nasty things.



What should I do if I or someone else is being bullied?



Start
Telling
Other
People

DO:

- Confidently state, 'Please Stop' along with the action
- Ignore them and walk away, try to stay calm
- Act as though you don't care what they say or do
- Talk to a friend
- Tell a trusted adult
- Use the 'Bully Busting Box' if you are too worried to speak openly about what is happening.
- Remember it is NOT your fault

DON'T:

- Keep it a secret or hide it
- Be aggressive but DO stand up for yourself
- Think it's your fault, bullying behaviour is never ok