

## **STRANRAER ACADEMY**

### **ANTI – BULLYING ADVICE AND SUPPORT**



#### **WHAT IS BULLYING?**

Bullying is not easy to define and can take many different forms. It may include physical aggression, intimidation, threatening, extorting, pressurising, name-calling or teasing. Less obvious things such as ignoring or excluding someone can often cause more damage. Whatever type of bullying, it is not acceptable. There are however many instances where there can be serious conflict which should not be mistaken for bullying – the distinction is important in terms of managing the situation with the most effective strategies.

#### **WHAT BEHAVIOUR WOULD NOT BE CONSIDERED AS BULLYING?**

When two people of roughly the same strength (emotional, psychological and physical) have a fight or disagreement it may not be bullying but if there was a change or perceived change in the balance of power it could turn into bullying.

#### **WHAT ARE THE SIGNS ?**

There is no certain way of spotting that a child is being bullied or is bullying others. Changes in behaviour or attitude can be important signs of distress.

Signs for a parent/carer to look for in their child could include:

- Not wanting to go to school
- Being afraid of walking to school
- Changing their route to school or arriving home late
- Asking for extra money or stealing
- Declining standards of school work
- Coming home with damaged clothes or books
- Having mystery illnesses
- Becoming withdrawn, unhappy or frightened
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Stress and fear can affect a child's health. Symptoms may include:

- Anxiety
- Headaches
- Bladder urgency/bed-wetting
- Sleepless nights
- Stomach upsets
- Loss of confidence and self-esteem
- Depression

## WHAT TO DO

Advice to children	As a parent
<ul style="list-style-type: none"><li>• Find the support of someone you can trust</li><li>• Tell your parents or an adult friend</li><li>• Tell your teacher or a member of school staff – there are procedures in school which are used for stopping bullying</li><li>• Do not try to deal with things on your own</li><li>• Talk to your friends or playground “buddy”</li><li>• Tell a member of staff if anyone you know is being bullied</li><li>• Don’t feel guilty – it is not your fault</li><li>• Don’t hit back – this may make the situation worse</li></ul>	<ul style="list-style-type: none"><li>• Listen to and support your child. Listen carefully to them but bear in mind you may not be given the full story. Take notes if possible.</li><li>• Talk to your child and tell them what action you are taking and why (they may not want you to contact the school)</li><li>• Contact the school</li><li>• Don’t confront the parents of the child or the child who is accused of bullying. Arguments between parents usually make bullying worse.</li></ul>

## WHAT TO DO IF YOUR CHILD IS ACCUSED OF BULLYING

Listen to your child and try to find out why they are bullying. Contact the school to find out what happened. Reassure your child that you love and care for them but try to set limits to stop any repeated behaviours. The school will advise in ways that you can work together to help your child.

## WHAT CAN YOU EXPECT OF THE SCHOOL?

Stranraer Academy has its own policy on bullying and its own particular strategies for dealing with it. You can ask to see a copy of the policy if you wish.

You can expect:

- A sympathetic and prompt hearing
- An investigation
- Early intervention
- Events to be monitored
- Feedback as and when appropriate

## WHAT MIGHT THE SCHOOL EXPECT FROM YOU?

- That you listen to detail from your child and take the situation seriously
- Give as much detail and background information as you can and time to conduct any necessary investigation
- Give your child as much support as you can
- Work co-operatively with the school to resolve matters

## CONTACT NUMBERS

Stranraer Academy  
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