

# Stranraer Academy

## ANTI-BULLYING POLICY



PUPIL FRIENDLY VERSION

↑ AIM HIGH

⚙️ WORK HARD

♥️ BE KIND

[STRANRAERACADEMY.ORG](http://STRANRAERACADEMY.ORG)



# ANTI-BULLYING POLICY

Pupil-Friendly Version | Stranraer Academy | 2026/27

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## OUR VISION

*We want Stranraer Academy to be a place where everyone feels safe, respected and included. No one should have to deal with bullying.*

## WHAT WE BELIEVE

- Everyone has the right to feel safe at school.
- Bullying is never acceptable.
- If bullying happens, it will be taken seriously and dealt with quickly.
- You can talk to any member of staff if you're worried — for yourself or someone else.

## WHAT COUNTS AS BULLYING?

Bullying is when someone's behaviour makes you feel hurt, scared, threatened, or left out. It can happen face-to-face or online.

TYPE	DESCRIPTION
<b>Emotional</b>	Pressure to fit in, being made to feel bad about yourself, having possessions stolen, damaged or hidden.
<b>Social</b>	Being deliberately left out, excluded from groups or not spoken to.
<b>Verbal</b>	Name calling, sarcasm, spreading rumours, teasing, personal comments.
<b>Physical</b>	Pushing, kicking, hitting, punching or any use of violence.
<b>Online / Cyber</b>	Nasty messages, sharing photos without permission, harassment via social media or messaging apps.
<b>Prejudice-Based</b>	Bullying because of race, disability, gender, religion, sexuality, body image, or being a young carer.

## WHY IT MATTERS

Bullying can affect your confidence, your learning, your friendships, and your mental health. Everyone deserves to feel safe and respected.

## HOW TO SPOT BULLYING

You or someone else might be experiencing bullying if:

- You feel scared to come to school
- You avoid certain people or places
- You feel upset, anxious or withdrawn
- You have unexplained injuries



- Your things go missing or get damaged
- You stop wanting to hang out with friends
- You have unexplained headaches or stomach aches

If you notice these signs in yourself or someone else, talk to a trusted adult.

## WHAT TO DO IF YOU'RE WORRIED

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You can report bullying by:

- Speaking to any teacher or member of staff
- Talking to Pupil Support
- Using the Bully Box
- Asking a friend to help you report it

**The school will respond within 2 working days of any report.**

## WHAT HAPPENS WHEN YOU REPORT

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- Staff will listen to you and take you seriously
- They will find out what happened and speak to everyone involved
- They will support you and help you feel safe
- They will work with the person displaying bullying behaviour to help them change
- Parents/carers may be contacted
- Serious incidents may involve the School Campus Police Officer

## HOW WE PREVENT BULLYING

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- Teaching about respect and relationships in Health & Wellbeing
- Running assemblies and awareness events
- Having senior pupils trained to support younger pupils
- Encouraging kindness, respect and positive behaviour
- Having an Anti-Bullying Committee and MVP mentors

## EVERYONE'S RESPONSIBILITY

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- Treat others with kindness
- Speak up when something is not right
- Include others
- Respect differences
- Report bullying when you see it

**Bullying is never acceptable. You are not alone. We are here to help.**