

Stranraer Academy

ANTI-BULLYING POLICY



PARENT, CARER & STAFF VERSION

↑ AIM HIGH



WORK HARD



BE KIND

STRANRAERACADEMY.ORG



ANTI-BULLYING POLICY

Stranraer Academy | 2026/27

Consistent with Dumfries & Galloway Council policy and Scottish Government national guidance

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1. VISION

Every child and young person in Stranraer Academy should make their journey through secondary school free from bullying behaviour. It is our aspiration that all those who play a role in the lives of children and young people are enabled to prevent and respond effectively to incidents of bullying behaviour.

This policy is consistent with Dumfries and Galloway Council policy and the national approach:

<https://www.gov.scot/publications/respect-national-approach-anti-bullying-scotlands-children-young-people/>

2. STATEMENT OF INTENT

We believe that all young people, staff, parents and carers have the right to be protected from abusive and bullying behaviours.

If any young person has been subject to bullying behaviour, they should have the confidence to report it and know that the incident will be dealt with promptly.

A number of initiatives and policies support and protect children and young people:

- Getting it Right for Every Child (GIRFEC)
- United Nations Convention on the Rights of the Child (UNCRC)
- Education (Additional Support for Learning) (Scotland) Act 2004 & 2009
- Curriculum for Excellence
- National Care Standards
- Equally Well
- Equality Act 2010

3. AIMS AND OBJECTIVES

Aims

- To prevent bullying behaviour of young people.
- To support young people and their parents and carers affected by bullying behaviour.
- To provide a secure, safe and positive environment where young people feel able to discuss their problems.
- To build the capacity, resilience and skills in young people, parents and carers to prevent and deal with bullying behaviour.
- To ensure provision of information, training and support to those working with young people.
- To ensure approaches are consistent with Dumfries and Galloway Council policy.

Objectives

- All teaching and non-teaching staff, pupils and parents/carers should have a clear and consistent understanding of what bullying behaviour is.
- All staff should know what the school policy is on bullying and follow it when bullying is reported.
- All pupils and parents/carers should know what the school policy is on bullying and what they should do if bullying arises.
- As a school we take bullying seriously — pupils and parents/carers should be assured they will be supported.
- Bullying is never acceptable and will be addressed promptly and effectively.



4. OUTCOMES FOR YOUNG PEOPLE

- Young people who have experienced bullying will be supported to develop self-esteem and confidence.
- Change in behaviours of those who display bullying behaviour: negative to positive.
- Where possible, all parties involved will be reconciled.
- Each case monitored by Pupil Support Staff and Year Heads after incidents to ensure bullying does not continue.
- Bullying behaviour recorded on SEEMiS 'Bullying and Equalities' module and the central bullying log.
- Young people have access to the Stranraer Academy Bully Box — a discreet reporting portal.
- A report of bullying will be responded to within 2 working days and fully actioned/resolved.

5. WHAT IS BULLYING BEHAVIOUR?

"Bullying is both behaviour and impact; the impact is on a person's capacity to feel in control of themselves — their sense of 'agency'. Bullying takes place in the context of relationships; it is behaviour that can make people feel hurt, threatened, frightened and left out. This behaviour happens face to face and online." — respectme, 2015

Forms of bullying include:

TYPE	DESCRIPTION
Emotional	Mental pressure to conform; material — possessions stolen, damaged or hidden; social — not being spoken to or left out.
Physical	Pushing, kicking, hitting, punching or any use of violence. This can go beyond bullying and may constitute a criminal matter.
Verbal	Name calling, sarcasm, spreading rumours, teasing, personal comments.
Online / Cyber	All areas of the internet: email, social networking, mobile phones, misuse of cameras and recording facilities.
Prejudice-Based	Discrimination including disability, homophobic, biphobic, transphobic, racial, religious, sectarian, sexism, socio-economic, young carers, and body image. Many are protected characteristics under the Equality Act 2010.

6. WHY IS IT IMPORTANT TO RESPOND TO BULLYING BEHAVIOUR?

Rights and Responsibilities

Bullying behaviour hurts and is never acceptable. No one deserves to be on the receiving end of bullying behaviour. Everybody has the right to be treated with respect and to live free from harassment.

- UNICEF: Every child has the right to be protected from conflict, cruelty, exploitation and neglect — children also have a responsibility not to inflict bullying behaviour on others.
- UNCRC Article 19: Every pupil has the right to work and learn in an atmosphere free from victimisation and fear.
- All those involved in bullying behaviour need to be supported.



- Stranraer Academy has a responsibility to respond promptly and effectively to any allegations of bullying.

7. IMPACT OF BULLYING BEHAVIOUR

Impact on the Individual

- Anticipation of bullying resulting in a heightened state of anxiety
- Deteriorating school attendance
- Eating disorders
- Low self-esteem and no aspirations
- Self-harm and depression
- Violence and risk-taking behaviour
- Substance misuse

Impact on Families

- Stress, anxiety, guilt, anticipation, helplessness
- Strained relationships and aggression in the household

Impact on Schools

- Relationship difficulties and negating positive ethos
- Poor attendance, truancy, lack of aspirations

Impact on Society

- Difficulties in the community, negative role models, violence and aggression
- Pressure on support services

8. PREVENTION AND IDENTIFICATION

A culture that encourages respect, values opinions, celebrates differences and promotes positive relationships will make it all the more difficult for bullying behaviour to flourish or be tolerated.

Prevention Strategies

- Challenging the idea that bullying behaviour is acceptable and part of growing up
- Raising awareness through Health & Wellbeing classes, assemblies, posters, pupil council, surveys and group discussion
- Good adult supervision
- Partnership working with agencies to challenge and educate pupils on social behaviour
- Training for senior pupils to help monitor younger pupils
- Anti-Bullying Committee and MVP peer-mentoring programme
- Establishing and upholding the school core values
- National campaigns: LGBT History Month, Autism Awareness Week, Show Racism the Red Card

Identification of Bullying Behaviour

- Health & Wellbeing classes where teachers regularly raise the issue
- Ensuring pupils, staff, parents and carers know who to contact
- Challenging the notion of innocent bystanders and helping young people to intervene safely



- Building positive relationships between staff and pupils

9. POSSIBLE EVIDENCE OF BULLYING BEHAVIOUR

Adults should be aware of these possible signs and investigate if a young person's behaviour changes:

- The young person may become withdrawn
- Unexplained scratches or bruises
- Not wanting to go to school or having problems with school work
- Not wanting to socialise with friends
- Changes to their route to school or insisting on being dropped off
- Complaints of headaches, stomach aches and other pains
- Being easily upset

This list is not exhaustive. Gentle enquiry from a place of concern is a helpful initial approach.

10. PROCEDURES

A report of bullying will be responded to within 2 working days and fully actioned / resolved.

- When bullying is reported it is taken seriously and acted upon promptly.
- An incident must be reported to an adult within the school or to parents/carers at home.
- This must be passed promptly to a member of the Pupil Support Team or Senior Management Team.
- All reported incidents logged in SEEMiS 'Bullying and Equalities' module and the central bullying log spreadsheet.
- If necessary, the School Campus Police Officer will be notified if there is any concern that a crime has been committed.
- Appropriate strategies will be used to change the behaviour of the person displaying bullying behaviour.
- All young people involved will be given support.
- Parents/carers will be signposted to advice/support.
- A member of staff who feels they are being bullied by a pupil must report this to their line manager, Depute Head, Head Teacher or Trade Union.
- Bullying behaviour between members of staff is dealt with through Dumfries and Galloway Council's Bullying and Harassment Personnel Procedures.

11. RESPONSE

When Someone Reports Bullying

- Do not panic — keep an open mind
- Listen and give the individual your full attention
- Meet in a comfortable place with no distractions
- Assure the individual that bullying behaviour is not acceptable and will not be tolerated
- Gently encourage them to talk — write down what happened, who was involved, when and where
- Let the individual speak without interrupting
- Ask: what do they want you to do?
- Keep the individual informed of progress



When Responding to the Person Who Displayed Bullying Behaviour

- Address the behaviour according to the school interim behaviour policy
- Listen and take time to discover the reasons behind the bullying behaviour
- Do not label the individual
- Be prepared to discuss prejudicial attitudes that may be behind the behaviour
- Address what is happening behind the behaviour even when it has stopped
- Refer to support agencies such as Youth Work or School Counsellor as appropriate
- Invite parents/carers in to school as appropriate

12. STRATEGIES

- Restorative practice
- Peer mediation
- Senior Supporter System
- Mentoring
- Health and Wellbeing programmes
- Assemblies
- Extra-curricular activities

13. PROTECTED CHARACTERISTICS (EQUALITY ACT 2010)

Bullying behaviour related to the protected characteristics will be addressed in partnership with Police Scotland:

• Age	• Disability
• Gender reassignment	• Marriage and civil partnership
• Pregnancy and maternity	• Race
• Religion or belief	• Sex
• Sexual orientation	

14. CONCLUSION

Bullying behaviour is never acceptable. It is not a normal part of growing up. It does not build character. Trust, acceptance, consistency and safety build character.

- Demonstrate positive behaviour
- Role model Respect effectively
- Listen and respond appropriately
- Uphold school values

15. MONITOR AND REVIEW

Incidents of bullying behaviour are logged using SEEMiS 'Bullying and Equalities Module' and the school central bullying log. The anti-bullying policy will be reviewed on an annual basis.



16. HELP ORGANISATIONS

ORGANISATION	CONTACT	FOR
respectme — Scotland's Anti-Bullying Service	www.respectme.org.uk 0844 800 8600	All
Childline	www.childline.org.uk 0800 1111 (free, 24/7)	Children & young people
KIDSCAPE Parents Helpline	www.kidscape.org.uk 0845 1 205 204	Parents & carers
Bullying Online	www.bullying.co.uk	Young people, parents
LGBT Youth Scotland	www.lgbtyouth.org.uk	LGBTQ+ young people

Note: This policy has been devised alongside guidance from respectme, Scotland's Anti-Bullying Service.