

"Bullying is not the thoughtless word said in anger or the flaring of children's tempers. It is deliberate and repeated behaviour intended to hurt others"

In order to prevent bullying and promote positive behaviour we use 3 strategies:

1. Teaching children about positive behaviour.
2. Values in Education - Involving pupils in the school community and acknowledging their achievements.
3. Anti Bullying Advice - Teaching children how to avoid being bullied/how to help others who are bullied/what to



Teaching Children Positive Behaviour

At Bankhead we actively teach every child about positive behaviour and forming positive relationships - this is called P.S.E. Personal Social Education

We use a programme of lessons from P1 - P7

These lessons aim to to teach your child about:

- rights and responsibilities
- cause and effect
- valueing self and others
- self awareness and self confidence
- safety being safe and staying safe



Values in Education

Pupils learn to value themselves, others, their school, community and environment by:

- Class Buddies (P7 helpers for each class)
- Playground Monitors
- Playground play boxes
- Playground rules agreed by pupils
- Playground improvements(planting/painting etc)
- School Merit Certificates
- Golden Book
- Wall of Achievement
- Uniform and Attendance achievement
- Class rules decided by pupils
- School rules decided by pupils
- School Council
- Class points systems
- Involvement in fund raising events
- After school clubs/activities

Anti Bullying Advice

Advice we can give to children to help them avoid being bullied

- Try to make lots of positive friendships
- Don't get involved in name calling or any bullying behaviour - be a good friend.
- Be confident in the way you talk and look.
- Try to have interests; things you enjoy and are good at (boosts self esteem!)
- Be assertive Not aggressive.

How pupils can help a friend or classmate who is being bullied

- Stay close to them
- Help them to be confident
- Try to show the bully you don't care
- Laugh it off
- If its a problem TELL!
- Don't get involved in bullying behaviour

What to do if you are bullied

- Try to help yourself - be assertive.
- Tell the bully clearly - not to do it.
- Make a joke of it
- Stay with a friend who can support you
- Tell an adult.

What Parents Can Do

1. Always be ready to listen
2. Help your child to be confident and have positive friendships.
3. Encourage your child to focus on things they are good at to boost their self esteem.
4. Teach them to be Assertive NOT Aggressive.
5. Childrens confidence and maturity develop when they can take responsibility for their own behaviour and safety. Try to teach them strategies to do this.
6. If the bullying is a problem please contact us, we can and will help.

Mrs. E.J. Tysen
Head Teacher

Bankhead Primary School

A Parents Guide to Anti Bullying



WORKING TOGETHER TO
ACHIEVE OUR BEST

Friends Against Bullying

Bullying is:

Repeated behaviour Intended to Hurt

It can be physical (hitting) or verbal (name calling) or emotional (teasing/isolating).