



Roseburn Primary School

# Anti-Bullying Policy and Procedures

## Pupil Version

Created October 2020



## Our Anti-Bullying Policy

We are a Rights Respecting School. This procedure covers the following articles of the **UNCRC**:

- *Article 2 – You have the right to protection against discrimination.*
- *Article 19 – You have the right to be protected from being hurt or badly treated.*
- *Article 29 – You have the right to an education which develops your personality and your respect for other's rights and the environment.*
- *Article 36 – Governments must protect children from all forms of bad treatment.*

### What is bullying?

Bullying is when someone is being unkind to you **several times on purpose**. In school we have **S.T.O.P** signs to remind people of this. Bullying can be physical (hitting, tricking, kicking), verbal (using unkind words) or online (cyber-bullying). When someone is bullying you, they are purposely being unkind to you. Bullying can happen anywhere, in school, home or at a club.



### Bullying behaviours may include:

- Name calling, teasing, putting down or threatening.
- Ignoring, leaving out or spreading rumours.
- Hitting, tripping, kicking.
- Taking and damaging belongings.
- Sending an abusive text, email or instant message, or posting an abusive comment on a social networking site (online bullying).
- Making people feel like they are being bullied or fearful of being bullied.
- Targeting someone because of who they are or who they are perceived to be.

### What to do if you think you are being bullied in school, at home or online.

- Let the person know you don't like how they are acting towards you.
- Ask the person who is being unkind to stop and walk away.
- Speak to an adult about what has happened. This can be any teacher, PSA or your parents.

- Talk to an adult about how this behaviour makes you feel and together you can discuss the problem.
- Together you can make a choice about what to do next and how to stop this behaviour from happening.
- They will discuss ways you can feel safe at school, at home or in a club.
- Report any further problems back to this adult.

***If you think someone else is being bullied you should also speak to a teacher, PSA or your parents about this.***

**If you have been involved in a bullying incident.**

- You will have the chance to speak with an adult who will listen to your version of events using restorative conversation questions.
- This adult will discuss this anti-bullying policy with you and enforce the message that bullying is unacceptable and your parents will be contacted.
- The school rules and consequences will be followed to resolve this behaviour.
- You will be asked to fill out a restorative reflection sheet.

**Restorative Conversation**

Who else has been affected?

What happened?

What were you thinking?

How did this make people feel?

What should we do to put things right?

What could you do differently?

**Reflection**

**Consequences**

Warning 1

reflection

Warning 2

reflection

Consequences

Reflection sheet

5 minutes from choice time

Time out in class

Time out in playground

Parents informed

**Reflection**

# Restorative Reflection sheet (Nursery – Primary 4)



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## Restorative Practice: Reflect on Your Behaviour

Name:..... Class:..... Date:.....

What Happened?

Not on task    Not following instructions    Being disrespectful    Pushing or hitting

How are you feeling?



Scared



Angry



Sad



Worried

A different feeling?

Think about it!

What will you do differently next time?

Large empty rounded rectangular box for writing the answer to 'What will you do differently next time?'

Pupil.....

Parent or Carer.....

Teacher .....

**Restorative Reflection Sheet** (Primary 5 – Primary 7)



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Restorative Practice: **Reflection on Behaviour**

You have made choices that have caused you to stop  
and  
'Think About It'

Name:..... Class:..... Date:.....

1. What was my behaviour?

.....  
.....  
.....  
.....  
.....  
.....

2. What were the reasons for my behaviour?

.....  
.....  
.....

3. How did my behaviour affect others?

.....  
.....  
.....

4. Who was affected by my behaviour and how can I make things right

.....  
.....  
.....



4. What is my plan to improve my behaviour?

.....  
.....  
.....

Pupil.....

Parent or Carer.....

Teacher .....