



Menziesshill High School

Our School

Every pupil has **the right** NOT to be bullied, exploited, intimidated, or harassed

Every pupil has **the right** to have their worries about bullying taken seriously

Every pupil has a **responsibility** not to subject other pupils to bullying, intimidation, humiliation, exploitation or harassment

Every pupil has a **responsibility** to tell someone who can help when they are being bullied themselves and when they see someone else being bullied

Aims

To ensure that all members of the school community

- contribute to a learning environment which will enable them to develop to their full potential and achieve the highest possible standards in all aspects of their work
- Are actively involved in creating good working relationships within the school
- are valued as individuals, regardless of their race, sex, religion, colour, creed or disability
- are provided with opportunities to develop their personal and social skills to enable them to take their place as responsible, caring and confident members of society
- play their part in maintaining and developing close partnership with parents and the local community

Our Community

We are committed to ensuring that our school is a community based on these shared values:

- *Accepting others, with consideration and tolerance*
- *Honesty, fairness and openness in our dealings with others*
- *Accepting responsibility for ourselves, our actions and developing a sense of self worth*
- *Treating one another with courtesy and respect, caring for each member of our school community and helping others in need*
- *Working hard, being positive about life and our learning and committed to education in its widest sense*

Bullying is never acceptable

Bullying can be many things, including any of the following:

- being called names
- being slagged off
- getting threatening or embarrassing e-mails or telephone messages
- being humiliated or embarrassed on a website via website postings or by text messages or images (cyber-bullying)
- having rumours spread about you
- being pushed or pulled about
- being hit or attacked
- having bags and other possessions taken and thrown around or stolen
- being ignored and left out of things
- being forced to hand over money or things you own
- being forced to do things to other people you don't want to do

This is what we say bullying is.

Bullying is something done by someone to someone else that is meant to hurt, scare, humiliate or embarrass that person.

The bully often does the same thing again and again to the same person.

Effects of bullying

The child who bullies is more likely to be involved in fighting, vandalism, truancy, dropping out of school, stealing, smoking, using alcohol or drugs.

Being bullied can make a child frightened, fearful, depressed, lonely, anxious, physically ill and, in extreme cases, suicidal.

The child who is being bullied may avoid being on the school bus, in the school toilets or other areas of the school, or going to school at all.

Fear can make it difficult for the child to concentrate and learn in class. So their work suffers and results can fall.



We can provide this information in large print or in another format that meets your needs.

Chinese	欲知詳情，請致電：01382 431563
Russian	Более подробную информацию можно получить позвонив по телефону: 01382 431563
Urdu	مزید معلومات کے لیے براہ کرم سہ ماہی 01382 431563 پر فون کریں۔
Polish	po dalszą informację zadzwoń pod numer: 01382 431563
Other formats	For more information please phone 01382 434503.

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TOGETHER WE WILL STOP IT

Bullying

Information for school communities



Bullying is never acceptable

RIGHTS

All children and young people have the **right** not to be bullied, intimidated, exploited or harassed.

All children and young people have the **right** to have their worries about bullying taken seriously.

RESPONSIBILITIES

All children and young people have a **responsibility** not to subject other children or young people to bullying, intimidation, humiliation, exploitation or harassment.

All children and young people have a **responsibility** to tell someone who can help when they are being bullied themselves and when they see someone else being bullied.

ChildLine, the UK charity for children in need, can be called any time on **0800 1111** and ChildLine Scotland also runs a dedicated Bullying Helpline on **0800 441111** which is open to children and young people calling from anywhere in Scotland between 3.30pm and 9.30pm on weekdays.

Bullying is never acceptable

Everyone must be prepared to challenge bullying behaviour and help stop it early. Parents worried about a child being bullied are advised to contact the Class Teacher, Guidance Teacher or Head Teacher as soon as they become concerned.

What schools and parents want is to help both the child being bullied and the child who is bullying to change their ways of behaving and stamp out bullying.

Schools need the active support of parents to help sort out problems and stop bullying behaviour.

For parents, it is often very difficult to accept that your child maybe responsible for bullying another child. By not accepting the possibility, you may be giving your child the message that they are free to carry on bullying others.

A child who bullies others is not a happy child. An unhappy child will not learn as well as a happy child.

Bullying is never acceptable

People can be bullied for various 'reasons' including:

- race
- gender
- sexual orientation and identity
- disability
- how rich or how poor they are
- where they come from
- how they speak or what language they speak
- religion
- other real or imagined difference
- no apparent reason at all

Bullying behaviour will be challenged in every school in Dundee.

There is no excuse for bullying.

Your school will have a clear procedure for dealing with bullying.

The first step to take to stop the bullying is to tell someone.

 **Bullying is abuse**  **and abuse is never acceptable**