

How can Restorative Approaches help me?

Restorative approaches help to build, maintain and repair healthy relationships. Schools may use restorative approaches in a range of situations.

The questions asked of those who have been harmed are:

- What happened?
- What did you think when you realised what had happened?
- How did it make you feel?
- Who else has been affected?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

The questions asked of the person who has caused harm are:

- What happened?
- What were you thinking at the time?
- How were you, or how are you feeling?
- Who has been affected and in what way?
- What do you need to do to put things right?



For further information, advice and guidance

respectme

Scotland's Anti-Bullying Service have a website that offers practical advice and guidance.

www.respectme.org.uk

ChildLine

Their website has a bullying section for young people and adults and offer a confidential helpline for children and young people.

www.childline.org.uk

ParentLine

Is a confidential service for parents and carers.

www.parentlinescotland.org.uk

CEOP

The Child Exploitation and Online Protection Centre website provides information and advice for online safety.

www.ceop.gov.uk

Created in consultation with Children & Young People, Parents and Partners.

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.



Council Textphone Number 01738 442573

All Council Services can offer a telephone translation facility

www.pkc.gov.uk

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Anti-Bullying Support

for Pupils



What is bullying behaviour?

Bullying behaviour can make people feel hurt, threatened, frightened and left out. It can be verbal, physical, emotional or involve online conduct which is unwanted and uninvited. The behaviour may be intentional or unintentional, can cause physical or emotional harm, may be repeated over time or be a one-off incident. Bullying is a combination of behaviours and the impact they have. It can be a range of behaviours including:

Physical

This may include hitting, kicking, pushing or taking someone else's property.

Verbal

This may include spreading rumours, name calling, teasing or talking about people.

Emotional

This may include excluding someone from the group, embarrassing someone or making someone feel bad for being different.

Cyber

Cyberbullying often involves the same type of behaviour as other bullying, for example, name calling, spreading rumours or leaving people out, but it takes place online, on social networking sites, in chatrooms, during gaming or instant messaging platforms. Some online behaviour is illegal.

Prejudice-based bullying

This may include being targeted because of who you are or how people see you.

How can bullying behaviour make me feel?

The children and young people of Perth and Kinross have described bullying behaviour as making them feel:



How would I know if someone else was experiencing bullying behaviour?

There are lots of ways that bullying behaviour can affect the person who experiences it. For example:

- unexplained injuries;
- changes in school attendance;
- mood changes;
- changes in eating and sleeping pattern;
- becoming more isolated.

What can I do to prevent bullying happening to me?

- Ask the person to stop if I feel confident to do so.
- Tell someone.
- Learn to recognise bullying behaviour.

What can I do to prevent bullying happening to others?

- Ask the person to stop if I feel confident to do so.
- Learn to recognise bullying behaviour.
- Don't ignore it and be a good friend.
- Encourage them to tell someone.

What do I need other people to do?

Anyone at home, school or in the community can help me. I need them to:

- listen and believe;
- be calm;
- take me seriously;
- give me support and advice;
- help me to feel safe.

