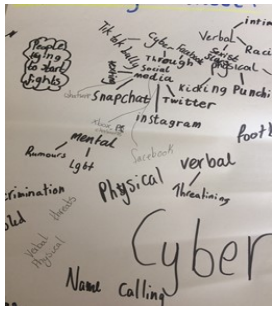
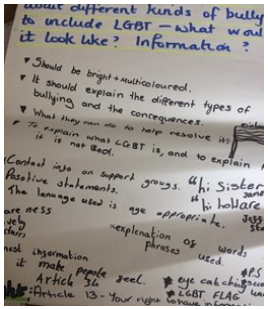
What is Bullying ?

Bullying as a child will affect your life both in present time and in the future. Bullying can cause depression and anxiety. Instead of having a happy life in school your experience will become miserable. This takes away your right to relax and play—Article 31 UNCRC. **(Marr pupils)**

It is behaviour that makes people feel hurt, threatened and left out either face to face or online.

(Respect Me, 2019)





What is homophobic bullying?

Homophobic bullying **is when someone treats you badly because of your sexual orientation.**

Bullying behaviours can include:

*** Being called names, being teased or made fun of**
*** Being hit, pushed or kicked**
Having your belongings taken or damaged
*** Being ignored, left out, or having rumours spread about you in**
*** Being humiliated**
*** Receiving abusive messages or having nasty comments made about you online**

Dealing with Bullying Behaviour

Dealing with Bullying Behaviour

Very often, children and young people are reluctant to tell adults that they're being bullied. This might be because they are scared of an over-reaction, they don't want to burden parents/ carers if there are other things going on in the family, they're embarrassed, or they are worried that telling might make the situation worse.

But there are a number of things you can look out for if you're concerned your child is being bullied:

Potential signs

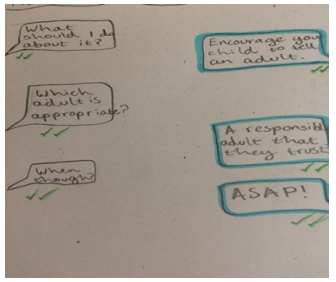
They become withdrawn
They have scratches and bruises that can't really be explained
They don't want to go to school or they are having trouble with school work
They don't want to go out or play with friends
Their online behaviour changes
Changes to how and when they're using their mobile.
Changes are made in the route they take to school
They complain of headaches, stomach aches and other pains
They become easily upset, tearful, ill-tempered or display other out-of-character behaviour

Of course this list is by no means exhaustive, and displaying some of the above symptoms won't necessarily mean that your child is being bullied. But as a parent or carer, you will know better than anyone if there's an unexplained change in your child's behaviour that needs to be explored.

Who attends the TAC?

How can we stop bullying:

Listening - Children and young people appreciate adults who take the time to listen. Listen carefully to what they're saying but also how they're saying it, and pay attention to their body language and facial expressions – you can often learn a lot from these alone.
All behaviour communicates how we feel - 'Active' listening is also about responding appropriately to what your child is communicating. They might be reluctant to verbally tell you that they are being bullied but might display subtle cues, such as becoming withdrawn. Your response will make it easier for them to tell you about the bullying and gain your support.
Don't Panic! Remaining calm supports good listening and is reassuring for your child.
Give your full attention. This is reassuring and shows you are taking them seriously and feed back sensitively.
Talk about where you child goes online. Establish a clear understanding of the sites they use and how they access them.
What do they want you to do? Exploring this will make your child feel valued and will help you to understand what support they need.



Glossary of Terms

Glossary of terms:

Bisexual - a person attracted to both men and women
Transgender - gender identify differs from birth gender
Cyber - bullying behaviours carried out online
Gay - a man who is attracted to another man
Homophobia - dislike, fear or hatred of people who are or perceived to be lesbian and or gay/bisexual
Homophobic bullying - a person's perceived sexual orientation/gender identity is used to exclude, threaten, hurt or humiliate
Lesbian - a woman who is attracted to another woman
Physical - hurt or damage a person's body or things
Social/Relational—excluding and threatening
Transphobia - dislike, fear or hatred of people who are perceived to be transgender
Verbal—name calling, rumours, threats

Our Marr Community Says...

"Make people more aware that what they say can cause people to take offence or feel hurt."
"People can't help the way they are. Schools will raise awareness on how people feel"
"We need to understand that bullying comes in many ways: name calling, cyber, physical, emotional and psychological"
Marr pupils

Be Yourself – It's good to be different – we are all UNIQUE

Thanks to all the pupils and staff involved especially to: Zach, Kitty, George, Heidi, Kaiden, James. Katie, Brooke, Adrianna and Emma and Tom (Marr Alliance Group).

Where can I get more information?

Helpful Information:

Respect Me:

https://www.gov.scot/publications/respect-national-approach-anti-bullying-scotlands-children-young-people/
http://respectme.org.uk/anti-bullying-practice/ways-to-respond/

UNICEF UK

https://www.unicef.org.uk/what-we-do/un-convention-child-rights/?gclid=CPnlmoLAts4CFRcTGwod9l8Cew&sissr=1

Think U Know

https://www.thinkuknow.co.uk/

Other useful contacts

Headteachers

Barassie Primary—01292 690072 - Linda Clarkson
Dundonald Primary—01292 690075 - Fiona Paterson
Marr College—01292 690022 - George Docherty
Muirhead Primary—01292 690033 - June Stefani
Struthers Primary—01292 690073 - Gail McKellar
Troon Primary—01292 690069 - Aileen Roan

Marr Cluster
Rights Respecting
Positive Relationships

The principles of the **UNCRC** are embedded into the Scottish policy landscape and were used to develop Curriculum for Excellence and Getting it Right for Every Child. Many of the articles are key in working with young people and our LGBT community.
In the Marr Cluster here are the rights that we identified as being important for our leaflet:

Article 15: *meet with friends and join groups (Every school should be a safe place for LGBT and allies)*
Article 12: *your right to say what you think should happen and be listened to (Express who you are)*
Article 16: *Children and young people have the right to a private life: Confidentiality and information sharing is of the utmost importance to young people. Young people's privacy should therefore be considered and respected in dealing with any incident of bullying*
Article 28: Your right to learn and go to school :(To be able to do this without being bullied)

(Marr pupils 2019)