

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

- being called names
- 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.

Effects of bullying

There are a number of signs that may indicate that a child or young person is being bullied:

- They become withdrawn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
- Changes are made in the route they take to school
- They complain of headaches, stomach aches and pains
- They become easily upset, tearful, ill-tempered or display other out-of-character behaviour

This list is not exhaustive. As a parent/carer you will have a better chance of spotting any change in behaviour that needs to be explored further.

This information is made available in large print or in an alternative format that meets your needs.	
Chinese	欲知詳情, 請致電: 01382 435825
Russian	Более подробную информацию можно получить позвонив по телефону: 01382 435825
Urdu	مزید معلومات کے لئے برائے مہربانی 01382 435825 پر فون کریں۔
Polish	po dalszą informację zadzwoń pod numer 01382 435825
Alternative Formats	For further information please contact the issuer of this publication



...you can do so much more **ONLINE** at... **dundecity.gov.uk**



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Bullying

Information for school communities



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 see someone else being bullied.

Sharing with someone you can trust can help. 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.

Everyone has the right to feel valued and respected and to develop self esteem, a sense of belonging and a feeling of being safe.

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.

Schools and parents/carers want to help the child experiencing bullying and the child who is displaying bullying behaviour to change their ways of behaving and stamp out all forms of bullying.

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

For parents/carers, it is often very difficult to accept that your child may be responsible for displaying bullying behaviour to another child.

Working with the school will help support you and your child to overcome any concerns or issues.

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.

