

People and places to help you in Deans

People:

- Your Pupil Support staff will listen to you and discuss how to deal with a variety of problems, including bullying.
- Buddies – these are S6 students who come into S1 Tutor Groups. They can be a great source of advice about various aspects of the school.
- Your Tutor - they will see you each morning and are in touch with your parents and Pupil Support staff.
- Your class teachers.
- Your Head of House.
- Support assistants.

Places:

- The Quiet Room is available at lunchtime for the use of students.
- Ask your Head of House or Pupil Support assistant about this and other areas.

Other information/contacts

Antibullying Network
www.antibullying.net

Bullying Online
www.bullying.co.uk
www.antibullying.org.uk

Childline Telephone Number
0800 11 11
www.childline.org.uk



West Lothian Council delivers



West Lothian
Council

Eastwood Park
Livingston
EH54 8PS
Tel: 01506 282155



Information for students at Deans

Bullying is the wilful, conscious, repeated act of physically and/or emotionally hurting, threatening or frightening someone.



At Deans we consider all forms of bullying to be unacceptable and we work together to try and provide a safe environment for students.



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What is bullying?

Bullying can mean many different things. These are some ways children and young people have described bullying:

- being called names.
- being teased.
- being pushed or pulled about.
- being hit or attacked.
- having your bag and other possessions taken and thrown around.
- having rumours spread about you.
- being ignored and left out.
- being forced to hand over money or possessions.
- being given 'dirty looks'.



Why is it important to tackle bullying?

Nobody has the right to hurt other people by hitting them, kicking them, calling them names, spreading rumours about them or by doing anything else which is intended to be upsetting.

Bullies try to justify their actions by saying that it is their victim's fault for being different. They may pick on someone who is tall or small, or fat or thin, or wears glasses, or has a different accent, or another religion, or is shy or clever, or good looking, or disabled, or..... Any excuse will do and if there is no real difference then the bullies will invent one.

Bullying can make a young person unhappy. They may be unwell and symptoms can include:

- anxiety.
- headaches.
- sleepless nights.
- stomach upsets.
- Depression.



If a student does not attend school, to avoid bullying, their work will suffer.

How to stop bullying?

If you are being bullied, you can do something about it. Tell the bully to stop. Practice what you want to say to them.

YOU can make a difference.

If bullying persists:

- tell your parents.
- tell a member of staff – if you are scared ask a friend to go with you.
- don't blame yourself for what is happening.
- keep a note or diary of incidents. This will help identify what is happening to you.
- don't give up.

In school you have the right to be educated in a safe and secure environment.

Each year, in PSE, we will discuss different aspects of bullying and how to deal with it.

