



From mountain to sea

Working Together to Stop Bullying

A Guide for Parents and Carers

Every child and young person should feel safe, respected, and included at school. This guide explains what bullying is and how you and the school can work together to support your child feel safe. Bullying is not accepted and concerns should be dealt with quickly and fairly. If you are ever worried, contact your child's school.

Our approach follows national guidance. We make sure:

- Bullying is never tolerated
- Every concern is taken seriously and acted on quickly
- Children, young people, and families are supported throughout

Understanding Bullying

Bullying is when someone's behaviour makes a child or young person feel scared, sad or unsafe. It can happen in person or online, and even one incident can be bullying if it has a big impact on them.

Bullying can be:

- **Physical** – hitting, pushing or breaking belongings
- **Verbal** – unkind names, teasing or threats
- **Emotional** – leaving someone out or spreading rumours





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Conflict vs Bullying

Not every disagreement is bullying. Sometimes children and young people fall out. Understanding the difference between conflict and bullying helps schools and parents respond in the right way.

Conflict

Conflict is when children or young people disagree. This is a normal part of growing up and can help them learn how to manage relationships as they get older.

Conflict usually:

- happens between people of equal power
- is common in friendships and group activities
- involves both people feeling frustrated
- can be sorted out with support and good communication

Example: Arguing over a game or project, or friends falling out because they want to spend time with different people.

Conflict is not bullying. With the right support, most conflict can be resolved and relationships can be repaired.

Bullying

Bullying is different from conflict.

Bullying:

- can be physical, verbal, emotional, or online
- involves one person having more power or control
- harms a person's sense of safety and wellbeing

Example: A group of pupils repeatedly take a child's bag in the corridor and making fun of them in front of others.

Online Bullying

Online bullying is taken just as seriously as bullying in person.

Online bullying can include:

- unkind or hurtful messages
- sharing photos or videos without permission
- leaving someone out of group chats
- repeated negative or unkind comments.



Tips for Parents

- Encourage them to talk to you about anything that makes them feel worried or uncomfortable, in person or online
- Help them stay safe online by checking privacy settings together and knowing who is in their group chats
- Talk about kindness, respect and how to deal with disagreements calmly
- You know your child best. If something does not feel right, it is always okay to speak to the school

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How Schools Respond

Schools cannot investigate incidents that happen at home or in the community. However, if this affects your child at school, staff will still offer guidance and support.

When a bullying incident in school is reported, schools will:

- listen to what has happened
- record the concern
- speak to everyone involved
- speak to parents and carers
- help children and young people understand the impact of their actions
- support them to repair relationships
- check in regularly to make sure things are improving

Schools must also protect the privacy of all pupils. This means staff will tell you how your own child is being supported but they cannot share information about other pupils.

Schools take all concerns seriously and respond in a fair and appropriate way. They also work to prevent bullying through lessons and activities that promote respect, kindness, inclusion diversity, resilience and online safety.



Support Services and Resources

If you would like more support or information, these resources can help:

- [Anti-Bullying Guidance for Schools](#) - information on how schools prevent and respond to bullying
- [Childline](#) - support for children and young people who need someone to talk to
- [Guidance on Mobile Phones in Scotland's Schools](#) - information about phone use in school
- [Kooth](#) - online mental health support for young people
- [Respect for All](#) - Scotland's national guidance on preventing and responding to bullying
- Safer Schools Scotland App - your child's school can give you a code to access this
- [Safer Schools App](#) – Contact your child's school for the unique joining code