



# Armadale Primary School Anti-Bullying Statement



**Definition**  
Bullying is face to face and/or online behaviour which impacts on a person's sense of physical and emotional safety, their capacity to feel in control of their life and their ability to respond effectively to the situation they are in.

**Forms of bullying**  
Physical bullying: deliberate/encouraging others to hit, kick, punch, spit, slap or push someone.  
Verbal bullying: deliberate/encouraging others to name-call, threaten someone or spreading hurtful/malicious rumours.  
Virtual bullying: Using social media/online gateways to intimidate, mock or threaten someone.

**Forms of bullying**  
Hate crimes:  
Racial, transphobic or homophobic bullying  
Bullying someone because they have a disability.



**Step 1:**  
Upon a report of bullying from child or parent, views are taken seriously and acted upon.

**Step 3:**  
Speak to the children displaying bullying behaviours to identify reasons which have caused this. Support/consequence given at this time required to prevent reoccurrence. CT made aware of the of these discussion and parents to be contacted with an update.

**Step 5:**  
Time to act on agreed support and actions, if no change in behaviours face to face meeting with parents and SLT to take place. CT to be aware of these discussions.



**Step 2:**  
CT/SLT/PSW speak to the child/children involved to find out what happened. CT/PSW to report any incidents to SLT. SLT to contact all parents involved in a timely manner. Record incident in line with Positive Relationship Policy - add link

**Step 4:**  
Mediation with all involved and support given to the victim of the bullying. CT to be aware of the outcome of these discussion and parents to be contacted with an update. Staff to then log incident for all parties involved.



## SUPPORT

Universal (for all our learners)

Our Health and Well Being curriculum includes lessons on friendships, relationships and how our actions can impact positively or negatively on others.

Regular Assemblies when we promote our Values Engagement in the National Anti Bullying Week  
Constantly promote and recognise positive relationships and kind actions and words  
Model appropriate means of communication and respect

## SUPPORT

Targeted (when incidents may occur)

Person impacted:

1:1 support and additional check ins with trusted adult or SLT

Increased engagement/communication with the parent

Increased support in class if required for a short period of time

Access to our Nurture Nook if appropriate

Small group time with friends

Access to a safe space

## SUPPORT

Person displaying bullying behaviour

1:1 support/additional check ins SLT

Increased engagement/communication with the parent

Increased support in class if required  
Reduced access to spaces that the bullying may occur i.e. the playground

Implementation of individual sanctions

Additional teaching input on our Zones of Regulation

Consideration of the West Lothian Positive

Relationships Policy guidance

## COMMENTS

### Parent's Views

View bullying as repeated unkind, harmful behaviour (verbal, physical or emotional) that makes children feel unsafe or targeted.

Highlight serious impacts on mental health, confidence and school attendance, sometimes long-term.

Expect quick action, clear communication with parents, and support such as counselling and safe spaces.

### Staff Views

Define bullying as intentional behaviour involving harm, intimidation or power imbalance.

Emphasise negative impacts on wellbeing, learning and sense of safety, including anxiety and reduced attainment.

Stress the need for consistent procedures (recording, leadership involvement), supervision, and targeted pupil support.

### Child's Views

Recognise that it makes people feel sad, scared, angry or left out.

Believe it should be handled by telling adults, stopping the behaviour, and helping children apologise and make things right.

Understand bullying as being mean, hurting others, or repeatedly upsetting someone physically or verbally.

