

Perth and Kinross Anti-Bullying Strategy:

An Easy-Read Guide for Parents

Introduction

Perth and Kinross Council aims to create safe, happy, and respectful learning environments for children and young people. Bullying is taken seriously, whether it happens in person or online. We want every child to feel in control and confident as they come to school and engage in their learning. This leaflet summaries for parents and carers the aims and procedures within the Perth and Kinross Anti-Bullying Strategy and Operational Guidance for Early Learning and Childcare (ELCs) and School Settings (UNCRC Articles 18, 9, 28, 29, 31, 39, 40, 42).

What is Bullying?

Bullying is behaviour that may be unkind or hurtful **and** has an impact on a child or young person's feeling of being in control and able to make the choice and decisions they would have done before.

Bullying happens within relationships – it is behaviour that affects a child or young person's self-confidence and can make them feel hurt, threatened, frightened or left out. The impact of bullying is seen when children or young people do not feel able to go places or take part in activities they want to or would have done before.

Why is it important to think about bullying?

Perth and Kinross ELC settings and schools understand that bullying is never acceptable. Bullying affects a child's confidence and happiness, and should never be thought of as a normal part of growing up. We work to stop bullying through our focus on the culture and ethos within our ELC and school settings. It is here that wider relationships develop for children and young people, and learning is designed that promotes the skills needed to develop respectful and positive relationships. This learning builds on the positive attitudes and appreciation for others that children learn at home, as parents, carers and other children model and support children to learn kindness and respect. Children and young people will be supported to understand diversity, and the law surrounding discrimination, because every child and young person deserves to feel safe and respected (UNCRC Article 30, 31).

The United Nations Convention on the Rights of the Child (UNCRC)

The United Nations Convention on the Rights of the Child (Incorporation)(Scotland) Act 2024, also known as the UNCRC Act, was incorporated into Scottish Law in July 2024. Scotland is the first UK country to directly incorporate the UNCRC into domestic law. The Act requires public authorities to consider children's human rights when making decisions. You can read more about the UNCRC Act [here](#). You can read an overview of the Rights of the Child [here](#)

How can we work towards preventing bullying?

- **Positive Relationships:** Encouraging good friendships and respect among children and young people.
- **Education:** Teaching children about diversity, respect, and how to handle conflicts.
- **School Programs:** Including activities that promote kindness and understanding and support children and young people to develop helpful social problem-solving skills.

What Parents Can Do?

1. **Listen:** If your child talks about bullying, listen without interrupting. Show you understand and care. When listening, think about the behaviour experienced and the impact on your child. Remember that not all incidents will be 'bullying'. It is often helpful not to use the term 'bullying' but to focus on how your child is feeling and to listen to and respect what they want to happen next.
2. **Support:** Encourage your child to speak up and assure them it's not their fault. No one ever deserves to experience unkind or harmful behaviour.
3. **Communicate with the School:** Report any concerns to the school. The Headteacher in Primary schools, or your child's Guidance Teacher in secondary schools will be a helpful contact for you. Your child's school and their teachers will work with you and your child to find a solution.

How Schools Respond

- **Investigate:** The school will look into reports of incidents and will investigate this. Where bullying is suspected this will be recorded on SEEMiS. This will allow each school to review trends or patterns of bullying and ensure their own curricular programmes and targeted approaches to support reductions in bullying are working and make changes where necessary.
- **Involve:** Your child, and where appropriate yourself as parents or carers, will be involved in helping to plan next steps for supporting them. In some cases, a young person may not wish for particular supports to be used in their situation. Where children are over 12, their views will be central to school planning, including any decision on whether their parents are informed (UNCRC Article 3, 5, 12, 16).
- **Support:** Both the child being bullied, and the child using behaviour that is bullying, will get individual help and support to understand the situation and develop healthy ways to move forward respectfully (UNCRC Article 3, 39).
- **Action:** Steps will be taken to ensure the bullying stops, and your child feels safe (Article 19).

Online Bullying

- This will be treated in the same way as face-to-face bullying.
- Parents and schools are encouraged to work together to address online bullying.
- Support your child to take and save screenshots of any hurtful or abusive messages. These will be helpful in investigating the incident and may be required if there is any evidence of hate crime.
- Encourage your child to block senders of such material and to disable notifications. Deleting any apps that are being used to hurt your child can be helpful after all screenshots are taken and saved.

Rights of Children

- Children have the right to be heard and their views and opinions respected (UNCRC Article 12, 16).
- Children have the right to information and to be involved in making decisions for themselves UNCRC Article 12, 13).
- Schools will make sure to listen to what the child wants to happen. Where schools must share information, for example if there are child protection concerns or if a crime may have been committed, your child will be supported in understanding what information must be shared. They will be given the opportunity to help decide how information is passed to the relevant people or agencies.

Bullying and the law

- In cases where the behaviour that has led to bullying is also a crime, such as where behaviour is motivated by prejudice, schools will respond to this as required.

Working Together

- Schools, parents, and communities need to work together to create a happy, respectful and safe environment for all children. Early and open communication when there is a concern that bullying is taking place should help everyone reduce the impact of bullying on your child.

All reported incidents of bullying will be recorded by Perth and Kinross schools on the Bullying and Equalities Module within SEEMiS. See [here](#) for the PKC Privacy Notice for SEEMiS.

This guide covers the essentials of the anti-bullying strategy in a simple and easy-to-read format. If you need further details or have specific concerns, referring to the full strategy documents would be beneficial.

For more information on the documentation for schools that informs this leaflet, please click below

[The Perth and Kinross \(Education & Learning\) Anti-Bullying Strategy](#)

[The Perth and Kinross \(Education & Learning\) Anti-Bullying Operational Guidance](#)