

## Useful websites Contact numbers

[www.respectme.org.uk](http://www.respectme.org.uk)  
0844 800 8600

[www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

Bullying Line 0800 44 1111

[www.kidscape.org.uk](http://www.kidscape.org.uk)  
08451 205 204

[www.ceop.gov.uk](http://www.ceop.gov.uk)  
0870 000 3344

[www.enablemescotland.info](http://www.enablemescotland.info)  
0141 226 4541

[www.enquire.org.uk](http://www.enquire.org.uk)  
0131 222 2425

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)  
0131 622 2266

[www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)  
0808 800 2222

## School contacts

### Pupil Care and Support

Careston	Mr Cargill
Dun	Mrs McLaren
Farnell	Miss Strudley
Menmuir	Mrs Lowe

### Depute Head Teachers

Mr Beveridge  
Mr Funai  
Ms Robertson

### Head Teacher

Mr Dempsey

## Brechin High School



## Anti-Bullying Information

## Advice and Support for Parents and Carers

01356 622135

## Brechin High School

Brechin High School  
Duke Street  
Brechin  
DD9 6LB

01356 622135

brechinhigh@brechinhigh.angus.c

## What is Bullying?

Pupils fall in and out of friendships for a number of reasons, if not dealt with can lead to bullying. Bullying can take many forms and is not always easy to define.

A pupil might encounter bullying that is:

- ◆ **Verbal** - name calling, spreading rumors, teasing
- ◆ **Physical** - Pushing, kicking hitting
- ◆ **Emotional** - ridicule, humiliation being ignored
- ◆ **Homophobic Bullying**
- ◆ **Cyber bullying** - receiving texts and emails, Bebo etc
- ◆ **Racist Bullying** - graffiti, gestures ,taunts

## Signs that might indicate your child is being bullied?

As a parent / Carer you will know better than anyone if there's a change in your child's behaviour. They may:

- ◆ be frightened of walking to and from school
- ◆ change their usual route

- ◆ not want you to go on the school bus
- ◆ beg you to drive them to school
- ◆ feel ill in the mornings
- ◆ begin truanting
- ◆ begin doing poorly in their school work
- ◆ come home regularly with clothes or books destroyed
- ◆ have their possessions go missing
- ◆ ask for money or start stealing (to pay the bully)
- ◆ continually 'lose' their pocket money
- ◆ refuse to talk about what's wrong
- ◆ have unexplained bruises, cuts, scratches
- ◆ begin to bully other children, siblings
- ◆ become aggressive and unreasonable
- ◆ give improbable excuses for any of the above

## What should you do?

- ◆ Try not to panic
- ◆ Remember it takes a lot of courage to tell that they are being bullied
- ◆ Listen to what is being said
- ◆ Don't agree to keep the bullying a secret
- ◆ Ask them what they would like to see happen and agree on a way forward together
- ◆ Telling them to 'hit back' or 'sort it out themselves' really won't help

- ◆ Check that your child is not inviting the bullying
- ◆ If the bullying is in school, talk to the pupils Pupil Care and Support teacher, Depute Head Teacher or Head teacher

## What should I do if my child is the Bully?

- ◆ Ask your child to explain what has happened and why
- ◆ Talk with your child and see if there are ways you can work together to change the behavior
- ◆ Explain that if the bullying does not stop things might get worse (e.g. police , exclusion from school)
- ◆ Make it clear you do not accept bullying behavior and there will be consequences at home
- ◆ Try to spend as much time as you can with your child. Sometimes children bully to get attention
- ◆ Tell your child that you know they can change their behaviour

