

### **Possible Signs of Bullying**

- Unusual behaviour patterns
- Loss of confidence, being tearful, withdrawn
- Unwillingness to become involved in activities
- Being easily distressed or startled, irritable or hurtful to those closest to them
- Work becoming poorer
- Refusing to say what is wrong
- Unexplained cuts and bruises
- Desire to stay with adults
- 'Mislaid', 'lost' or damaged possessions
- Unwillingness to come to school or frequent absences
- Stopping eating
- Unwillingness to go to bed
- Nightmares or bed wetting

### **Racist Bullying**

This is any form of behaviour which has the effect of intimidating, humiliating, ridiculing and/or undermining the confidence of a person or group of people due to their colour, nationality or ethnic group. Such behaviour may include:

- Unwelcome comments or gestures
- Physical abuse
- Verbal abuse
- Derogatory comments/jokes
- Written abuse, including graffiti and display of offensive material
- Shunning of particular pupils
- Different treatment

Racist name-calling can be more hurtful than other forms. By implication this type of behaviour denigrates the person's whole family and culture. It is impossible to change the colour of your skin. Such remarks can be more serious than other forms of abuse in that they arise out of, and may reinforce, racial prejudices. The context in which racist bullying occurs will influence the response, as young children parroting a word heard used by another may only require a gentle correction while repeated and deliberate abuse by an older child will need more structured and formal intervention.

### **Dealing with Bullying**

The way in which adults react to bullying contributes to the ethos of the school and can help to make it more or less likely that bullying will happen in the future. Ignoring the problem helps it to flourish. A heavy handed approach can drive it underground. However, a positive, open response will encourage young people to speak up about matters that concern them and will improve the learning environment by promoting more caring and responsible patterns of behaviour. At Cargilfield all alleged cases of bullying must be reported to the Headmaster who will carry out an investigation and ensure the appropriate action is taken.

How the school reacts to a case of bullying will depend on the circumstances. It is essential to assess the true nature of an incident before deciding how to deal with it. Group bullying or 'mobbing' needs to be handled differently from problems created