



# Treat Me Well



## Anti-bullying summary for parents

### What is "Treat me Well"?



Treat Me Well is South Lanarkshire Council's updated anti-bullying guidance, aligned with Respect for All (2024).

It applies to all primary schools and aims to ensure environments that are safe, inclusive, nurturing and free from discrimination. Bullying is recognised as a breach of children's rights under the UNCRC.

### Updated Definition of Bullying

- Bullying is face-to-face or online behaviour that impacts a child's sense of safety, control, or wellbeing.
- It does not need to be repeated or intentional to cause harm.

### Examples of bullying behaviours

- Being called names, teased, put down or threatened face to face/online
- Being hit, tripped, pushed or kicked
- Having belongings taken or damaged
- Being ignored, left out or having rumours spread about you (face-to-face and/or online)
- Sending abusive messages, pictures or images on social media, online gaming platforms or phone
- Behaviour which makes people feel like they are not in control of themselves or their lives (face-to-face and/or online)
- Being targeted because of who you are or who you are perceived to be (face to face and/or online).

### Bullying can happen because of...

- Ethnicity
- Race
- Religion or belief
- Family background/circumstances
- Care experienced
- Additional support needs
- Socio-economic circumstances
- Body image
- Age
- Disability
- Sexual orientation
- Sex

### Responding To A Bullying Concern

We will...

- listen carefully and reassure the child reporting concerns
- avoid labelling someone a "bully"; focus on specific behaviours and the impact
- use restorative conversations where appropriate
- record concern on SEEMIS
- investigate with all concerned
- support all parties involved
- contact parents to review and monitor

Falling out is not the same as bullying

Friends sometimes argue or disagree. This can happen as we learn and grow.

Bullying is different because:

- It makes someone feel unsafe
- or scared
- It does not stop when asked
- It stops people from feeling happy and ready to learn