



Langholm Primary and Secondary School

Anti-bullying Charter

Adults working in

schools are duty bearers for children's rights - they have a responsibility to promote, protect and respect children's rights.

Bullying is a clear breach of children's rights (Human Rights Act 1998)

UNICEF Convention on the Rights of the Child

- Article 2 which states that the convention applies to all children without discrimination
- Article 12 which says that children's views should be taken seriously in all decisions that affect them
- Article 13 which says that children have the right to express their thoughts and opinions
- Article 19 which says that all children should be protected from violence and abuse

Dealing with bullying - what are your options?

You could tell an adult - All children are able to identify a trusted adult who they can talk to.

Don't bottle things up - If you're struggling it's important not to bottle up your feelings - this can make you feel worse. It can help to talk to a friend or someone else you trust about how you feel.

Block/report users online - If the bullying is happening online, you can instantly 'block' someone who is horrible to you, or delete or 'hide' what they say,

Keep a diary of what happens - Keeping a diary doesn't suit everyone, but writing things down can be a really useful way of coping with how you're feeling.

Ask them to stop - If you can do this then try it - the person bullying you might not know how their behaviour is affecting you, and it might change the way they behave towards you.