

Appendix 1: Examples of Bullying Behaviours

General behaviours which apply to all types of bullying:

- Physical aggression
- Damage to property
- Name calling
- Slagging
- Spreading rumours
- The production, display or circulation of written words, pictures or other materials aimed at intimidating another person
- Offensive graffiti
- Extortion
- Intimidation
- Threats
- Insulting or offensive gesture
- Invasion of personal space

Cyber Bullying:

- **Denigration:** Spreading rumours, lies or gossip to hurt a person's reputation
- **Harassment:** Continually sending vicious, mean or disturbing messages to an individual
- **Impersonation:** Posting offensive or aggressive messages under another person's name
- **Flaming:** Using inflammatory or vulgar words to provoke an online fight
- **Trickery:** Fooling someone into sharing personal information which you then post online
- **Outing:** Posting or sharing confidential or compromising information or images
- **Exclusion:** Purposefully excluding someone from an online group
- **Cyber stalking:** Ongoing harassment and denigration that causes a person considerable fear for his/her safety
- Silent or abusive telephone/mobile phone call
- Abusive text messages / e mails
- Abusive communication on social networks e.g. Facebook/Ask.fm/ Twitter/You Tube or on games consoles
- Abusive posts on any form of communication technology

Identity Based Behaviours

- Discrimination, prejudice, comments or insults about colour, nationality, culture, social class, religious beliefs, ethnic or traveller background
- Making fun of people because of the way they look,

Appendix 2: Practical tips for building a positive school culture and climate

The following are some practical tips for immediate actions that can be taken to help build a positive school culture and climate and to help prevent and tackle bullying behaviour.

- Model respectful behaviour to all members of the school community at all times.
- Explicitly teach pupils what respectful language and respectful behaviour looks like, acts like, sounds like and feels like in class and around the school.
- Display key respect messages in classrooms, in assembly areas and around the school. Involve pupils in the development of these messages.
- Catch them being good - notice and acknowledge desired respectful behaviour by providing positive attention.
- Consistently tackle the use of discriminatory and derogatory language in the school - this includes homophobic and racist language and language that is belittling of pupils with a disability or SEN.
- Give constructive feedback to pupils when respectful behaviour and respectful language are absent.
- Have a system of encouragement and rewards to promote desired behaviour and compliance with the school rules and routines.
- Explicitly teach pupils about the appropriate use of social media.
- Positively encourage pupils to comply with the school rules on mobile phone and internet use.
- Follow up and follow through with pupils who ignore the rules.
- Actively involve parents and/or the Parents' Association in awareness raising campaigns around social media.
- Actively promote the right of every member of the school community to be safe and secure in school.
- Highlight and explicitly teach school rules in pupil friendly language in the classroom and in common areas.
- All staff can actively watch out for signs of bullying behaviour.
- Ensure there is adequate playground/school yard/outdoor supervision.
- School staff can get pupils to help them to identify bullying "hot spots" and "hot times" for bullying in the school.

Appendix 3: Template for recording bullying behaviour

1. Name of pupil being bullied and class group

Name _____ Class _____

2. Name(s) & class(es) of pupil(s) engaged in bullying behaviour

3. Source of bullying concern/report (tick relevant boxes)

Pupil Concerned	<input type="checkbox"/>	Parent	<input type="checkbox"/>	SNA	<input type="checkbox"/>
Other Pupil	<input type="checkbox"/>	Teacher	<input type="checkbox"/>	Other	<input type="checkbox"/>

4. Name of person(s) who reported the bullying concern _____

5. Type of Bullying Behaviour (tick relevant boxes)

Physical Aggression	<input type="checkbox"/>	Cyber-Bullying	<input type="checkbox"/>	Isolation/Exclusion	<input type="checkbox"/>
Damage to Property	<input type="checkbox"/>	Intimidation	<input type="checkbox"/>	Name Calling	<input type="checkbox"/>
Isolation/Exclusion	<input type="checkbox"/>	Malicious Gossip	<input type="checkbox"/>	Other (Specify)	<input type="checkbox"/>

6. Brief Description of bullying behaviour and its impact

--

7. Details of Action Taken

--

Signed _____ (Relevant Teacher) Date _____

Date submitted to Principal/Deputy Principal _____

Pupil behaviour Promise A

I _____ promise to;

I understand that I have received a warning and if my negative behaviour continues then there will be further action taken.

Signed:

Pupil

Teacher

Date:

Pupil behaviour Promise B

I understand that I have broken my previous promise, but I will improve my behaviour in the following ways;

I understand that this is my final warning and if my negative behaviour continues then there will be serious consequences for my actions.

Signed:

Pupil

Teacher

Parent

Date:
