

What is Bullying?

Deliberate

The person is doing it on purpose to hurt or upset someone else.



Repeated

The person does it more than once over more than one day.



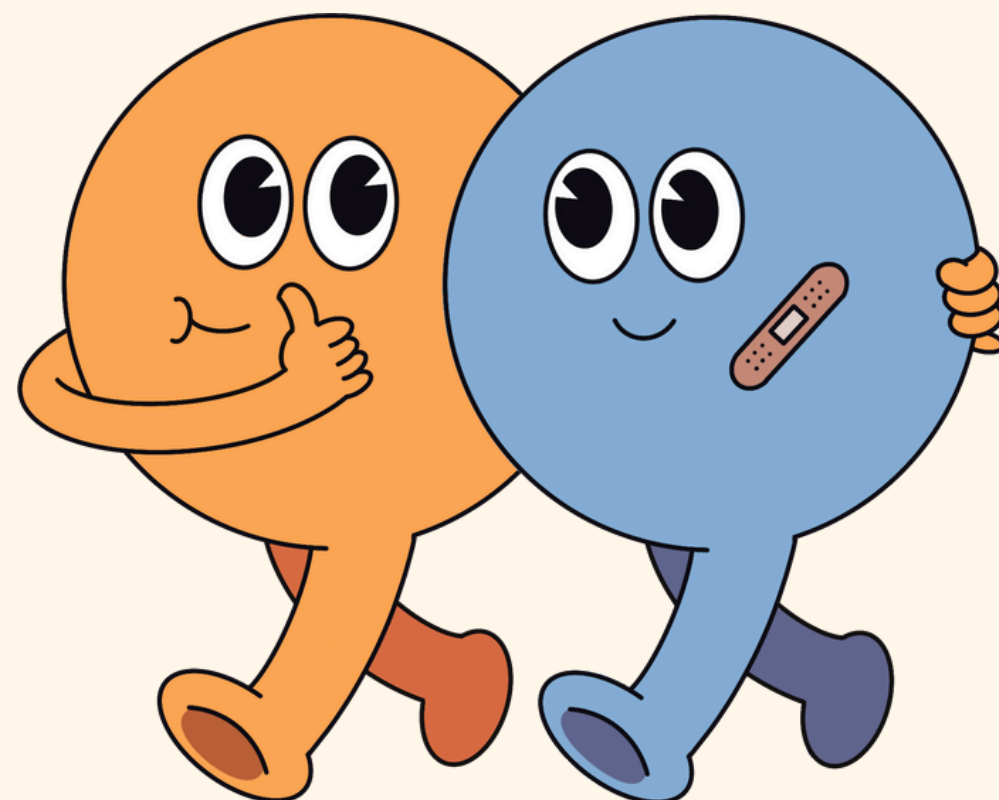
Targeted

The person is doing it to someone who is a less powerful person.



BE A FRIEND NOT A BULLY

Kindness is our superpower. Together, we can stand up against bullying and make our world a safer, more inclusive place.



Anti-bullying Week 2025

During the week of the 11th-15th November 2025, all classes learned about and discussed the meaning of bullying and what it means to say "No!" to others and be an upstander.

We talked about the key messages around anti-bullying and building positive relationships across the school at our whole school assembly.

Unkind Words

Within Dunipace Primary School we have had some incidents where unkind words and inappropriate language has been used such as:

- Racism - comments about a person's skin, race and culture
- Swearing at peers and staff to cause offence
- Fat shaming - making comments about someone's appearance



As a staff we are addressing these issues through our curriculum as a whole and whole school assemblies. We kindly ask for the support of our parents/carers to reiterate the messages at home about being unkind to others. Please see some links below that you may wish to use to support you in having these discussions:

Positive Body Image:

- <https://www.dove.com/uk/dove-self-esteem-project.html>
- <https://www.youtube.com/watch?v=v8l6lPpjE8>
- <https://www.youtube.com/watch?v=iYhCn0jf46U>



Anti-bullying website

- <https://www.respect.org.uk/>

Show Racism the Red Card

- <https://www.theredcard.org/>



Policies and information for our parent/carers

Please look at our school website for our:

- Relationship Policy
- Inclusion and Equity Policy
- Swearing and inappropriate language statement

<https://www.dunipace.falkirk.sch.uk/>

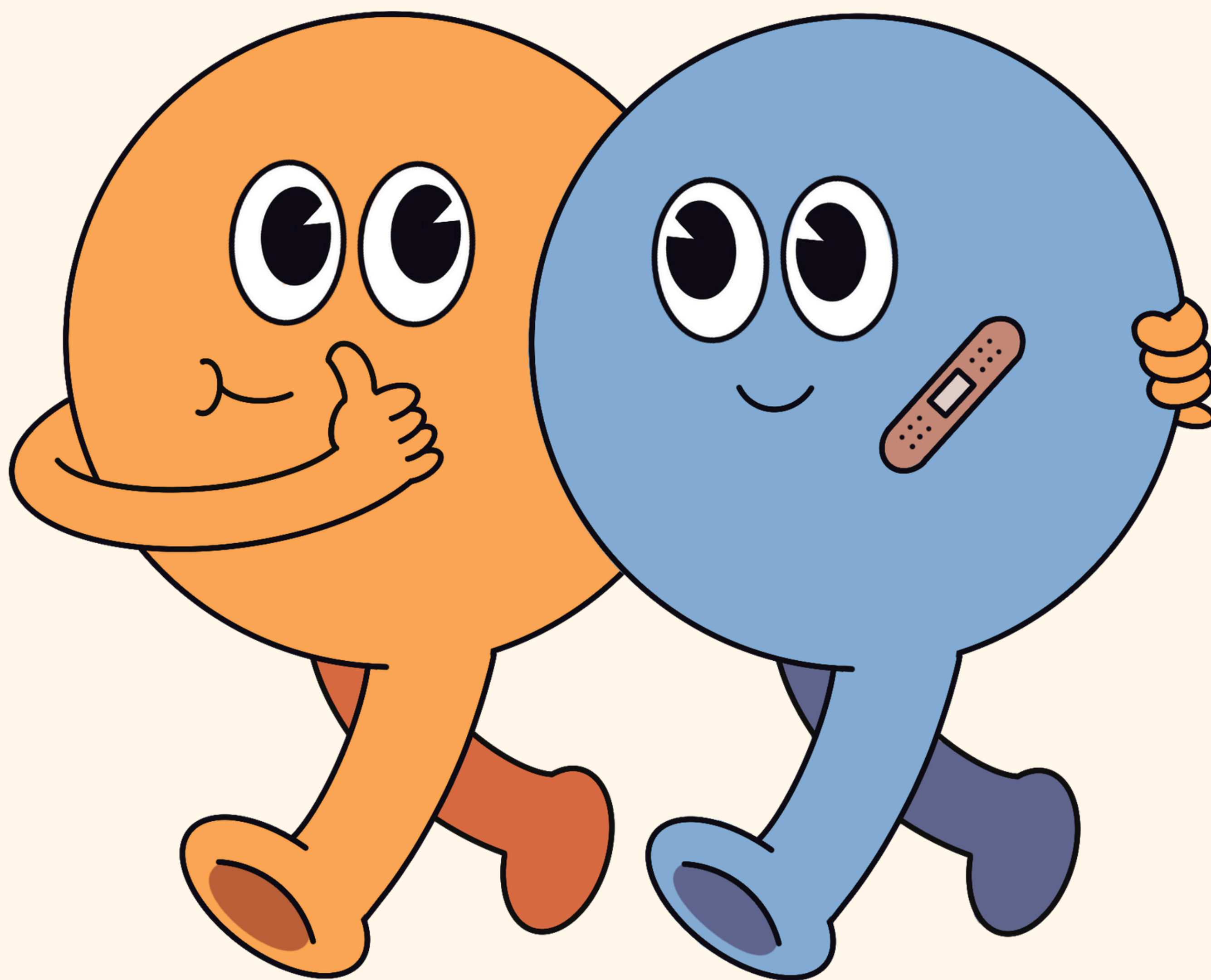


StopBullying

Choose Kindness

StandUp

**WORKING TOGETHER TO
BE KIND AND SHOW
RESPECT**



**KINDNESS IS OUR SUPERPOWER. TOGETHER, WE
CAN STAND UP AGAINST BULLYING AND MAKE OUR
WORLD A SAFER, MORE INCLUSIVE PLACE**