



Children's Parliament

# Investigates Bullying

Project delivered: January 2016 - April 2017

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**"Bullying makes children feel horrible, abandoned and left alone. You feel like no-one ever cares about you."**

- CP Investigator



**Children's Parliament** is a national organisation that works with children and adults so that together we can help make sure that through the realisation of **children's human rights** every child is **healthy, happy** and **safe**, at **home**, at **school** and in the **community**.

In **Children's Parliament Investigates Bullying** children from eight primary school communities across Edinburgh explored how we can use a **rights-based approach** to build **positive respectful relationships** between children and between children and adults.

**"Sometimes when you tell an adult that you are being bullied, sometimes it makes you feel silly because they are not doing anything about it. You want something to happen about it because you are worried inside"**

- CP Investigator

A **Children's Parliament** project in partnership with **City of Edinburgh Council** and funded by **Big Lottery Young Start**

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THE CITY OF EDINBURGH COUNCIL

youngstart



**Children's Parliament**  
giving ideas a voice

The **Children's Parliament Investigators** created posters with important messages for both children and adults. By listening to the children, as they explored and considered interpersonal relationships, these **10 learning points for adults** also emerged.

# 1

A school concerned with **wellbeing** is a school focused on **relationships** based on **human dignity, kindness, empathy and trust**. Children learn when they are **safe and happy**.

# 2

Our emphasis needs to be on **preventing bullying**. There are lots of things schools can do such as **buddying** and **peer mentoring for children** and creating a safe place where children can go early to seek help. Prevention is underpinned by a **commitment to forming relationships** and a school ethos where bullying or other negative behaviours have little chance to grow.

# 10

To fulfil **our responsibilities as duty bearers**, we adults must understand that **children place their trust in us**. The realisation of **children's human rights** depends on our actions, our behaviours, our expressions of **respect** and our **belief in the human dignity of every child**.

# 9

**Children's relationships can be complex**. A range of behaviours, some of which we might identify as bullying, can leave children hurting. The problem for the child can be that they **don't know how they got into a situation or how to get out of it**.

# 8

**Human dignity** is an important and powerful idea. It is an internal thing, something we want all children to have and to understand. In times of stress and adverse circumstance we want them to hold onto it, deep inside, it belongs to them and **no-one else can take it away**.

**"It's important that you show people human dignity because for that person it really warms their heart and really makes them feel like they are something."** - CP Investigator



- CP Investigator

# #itsallaboutrelationships



Children's Parliament  
Investigates  
Bullying

DELIVERY

Phase One:  
Jan-June 2016  
Phase Two:  
Sep-Dec 2016

To start the project, Children's Parliament engaged with senior staff and class teachers in each of our partner schools to explain the purpose of the programme, with the aim of ensuring that the work becomes embedded in each schools' commitment to learner voice and inclusion. Working with children from one Primary 5 or 6 class, the programme began with a whole class workshop in which children learned about children's human rights and the core idea of human dignity. During this workshop participants were asked to identify what children need to be healthy, happy and safe at

home, in the community and at school. The children were asked to map relationships that are important to them.

From each class, six children were invited to take part in the CP Investigation team for their school. The experience of bullying was not a condition for participation. Over the course of the project the Investigators met 10 times, starting with some reflection on the work produced by classmates, and then exploring more ideas and experiences. Investigator meetings used a lot of creative activities to help discussion. The Investigators produced posters with key messages, seen throughout this newspaper.

**PARTICIPATING  
PRIMARY SCHOOLS**  
Abbeyhill  
Flora Stevenson  
Granton  
Hermitage Park  
James Gillespie's  
St John's RC  
St Peter's RC  
Wardie

**"When children get shown  
respect and kindness it  
makes you feel happier  
and have a happier day.  
It makes you feel like a  
normal human being rather  
than like a wee person who  
is nothing with no worth."**  
- CP Investigator

REPORTING

A Children's Parliament Investigates Bullying blog provided a learning journal and log of the children's ideas, artwork and investigations. This blog was used by children and teachers to share the project with classmates, family and community members.

The children in all eight schools reported back to their class teachers and classmates

in a variety of formal and less formal ways. At the end of the project, the Investigators met with their head teacher to talk about their work and shared ideas on how the adults and children in school could do more to prevent bullying and support children with worries or experiences of bullying.

Representatives from each investigation team were invited to participate in producing a short film. Their film highlights the children's ideas about bullying and relationships.

To celebrate an end of project event brought together all of the children and adults from the eight participating schools, along with an invited audience of key adults and decision makers, to profile and share the children's work and learning.

**FIND OUT MORE**  
Workshop outlines are available from our website:  
[www.childrensparliament.org.uk](http://www.childrensparliament.org.uk)  
The CP Investigates Bullying blog has lots of detail about the programme [bit.ly/CPinvestigates](http://bit.ly/CPinvestigates)  
CP Investigates Bullying: The Film! Watch it now [bit.ly/CPiBfilm](http://bit.ly/CPiBfilm)

**"Sometimes when  
you say something  
and adults don't  
believe you that  
makes you feel  
sad; that they are  
not being kind  
and that's when  
sometimes if they  
don't trust me I  
don't really trust  
them."** - CP Investigator

**"I think trust is when you  
can rely on somebody to  
stick up for you."**  
- CP Investigator



**#itsallaboutrelationships**

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