

## CAT (Come and Talk) System



**SCHOOL** → **Bo'ness Academy**

**FOCUS** → **Peer Support**

### **What initiatives are in place to reduce bullying?**

As part of the CAT (Come and Talk) System senior pupils are trained as counsellors. One male and one female S6 pupil is assigned to each S1 and S2 registered class. These S6 pupil counsellors are involved in the planning and delivery of PSE classes to S1 and S2. The S6 pupil counsellors make themselves available for S1 and S2 pupils to talk to, especially about bullying issues.

### **How are these initiatives being monitored and evaluated?**

The senior pupils, trained as counsellors, meet regularly with Guidance staff. Any bullying incidents reported to pupil counsellors are recorded by Guidance staff.

### **What are some of the biggest challenges faced by teachers in implementing these initiatives?**

- \* Making time to sustain the level of support required for both CAT pupil counsellors, and for parent volunteers.
- \* Conflict of values; parents and pupils do not always share the school's values
- \* Aggression in boys and increasingly amongst girls..

- \* Pupils' difficulties in finding and implementing appropriate strategies to deal with verbal aggression/name-calling.
- \* Interpretations of 'bullying'.
- \* Over the top media presentation.

### **What worked well?**

Both the S6 pupil counsellors, and the S1/S2 pupils gain confidence. The CAT System is effective in helping a small number of individuals who need support.

### **What did not work and lessons learned?**

The CAT System has helped individuals deal with issues, but has not had a significant impact on the behaviour of some pupils.

### **Future plans?**

Bo'ness Academy plan to review the CAT System with the Pupil Council. New initiatives are also being considered, for eg. a 'Nurture Group' (drama/dance group), and a 'Rock Challenge'.

### **Materials the school is willing to share.**

Materials used in the training program for CAT S6 pupil counsellors

## CONTACT INFORMATION

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The Outline series provides an opportunity for members of school communities to describe good practice. An opportunity to participate in the series is offered to schools presenting workshops at Network events.