

# Anti-Bullying Policy



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## 1.0 What is bullying?

- Bullying is behaviour, which deliberately makes another person feel uncomfortable, distressed or threatened.
- Bullying is repeated over time.
- *Bullying makes those being bullied feel powerless to defend themselves.*

## 2.0 Why are we against bullying?

‘Every Child Matters’ because:

- everyone has the right to feel welcome, secure and happy
- we should treat everyone with consideration
- if bullying happens it will be dealt with quickly and effectively
- it is important to tell someone

Bullying of any kind is unacceptable at our Youth/Play Project.

## 3.0 What types of bullying are there?

- Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing)
- Physical (pushing, kicking, hitting, punching or any use of violence)
- Extortion (demanding money/goods with threats)
- Cyber (all areas of internet, email and internet chatroom misuse.
- Mobile threats by text messaging and calls
- Misuse of associated technology ie: camera and video facilities including those on mobile phones.
- Racist (racial taunts, graffiti, gestures)
- Sexual (unwanted physical contact, sexually abusive comments)
- Homophobic (because of, or focusing on the issue of sexuality)

## 4.0 What are some of the signs and symptoms of bullying?

A person may indicate by signs or behaviours that they are being bullied. Everyone should be aware of these possible signs and should investigate if the person;

- Is frightened of walking to or from the Youth/Play project or changes route
- Doesn't want to go to the Youth/Play project
- Changes their usual routine
- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts stammering
- Threatens or attempts suicide
- Threatens or attempts self harm

- Threatens or attempts to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Asks for money or starts stealing money
- Has dinner or other monies continually 'lost'
- Has unexplained cuts or bruises
- Bullying others
- Changes in eating habits
- Is frightened to say what is wrong
- Afraid to use the internet or mobile phone
- Nervous or jumpy when a cyber message is received
- Gives improbable excuses for their behaviour.

These are examples, only if a young persons behaviour changes ask why?

## 5.0 What causes Bullying?

People bully for different reasons. The reasons could include:

- to feel powerful
- jealousy
- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- because they are being bullied themselves
- because they see and pick on an easy target (small, won't tell anyone, lonely or different in some way)

## 6.0 How we prevent Bullying?

Speke Adventure Playground has a zero tolerance to bullying and has implemented the following:

- Developed an effective anti-bullying policy and practice. To ensure a safer and happier environment, with good attitudes, behaviour, and relationships and with a positive impact on learning and achievement.
- Regular praise of positive and supportive behaviour by all staff.
- All incidents should be treated seriously and dealt with immediately.

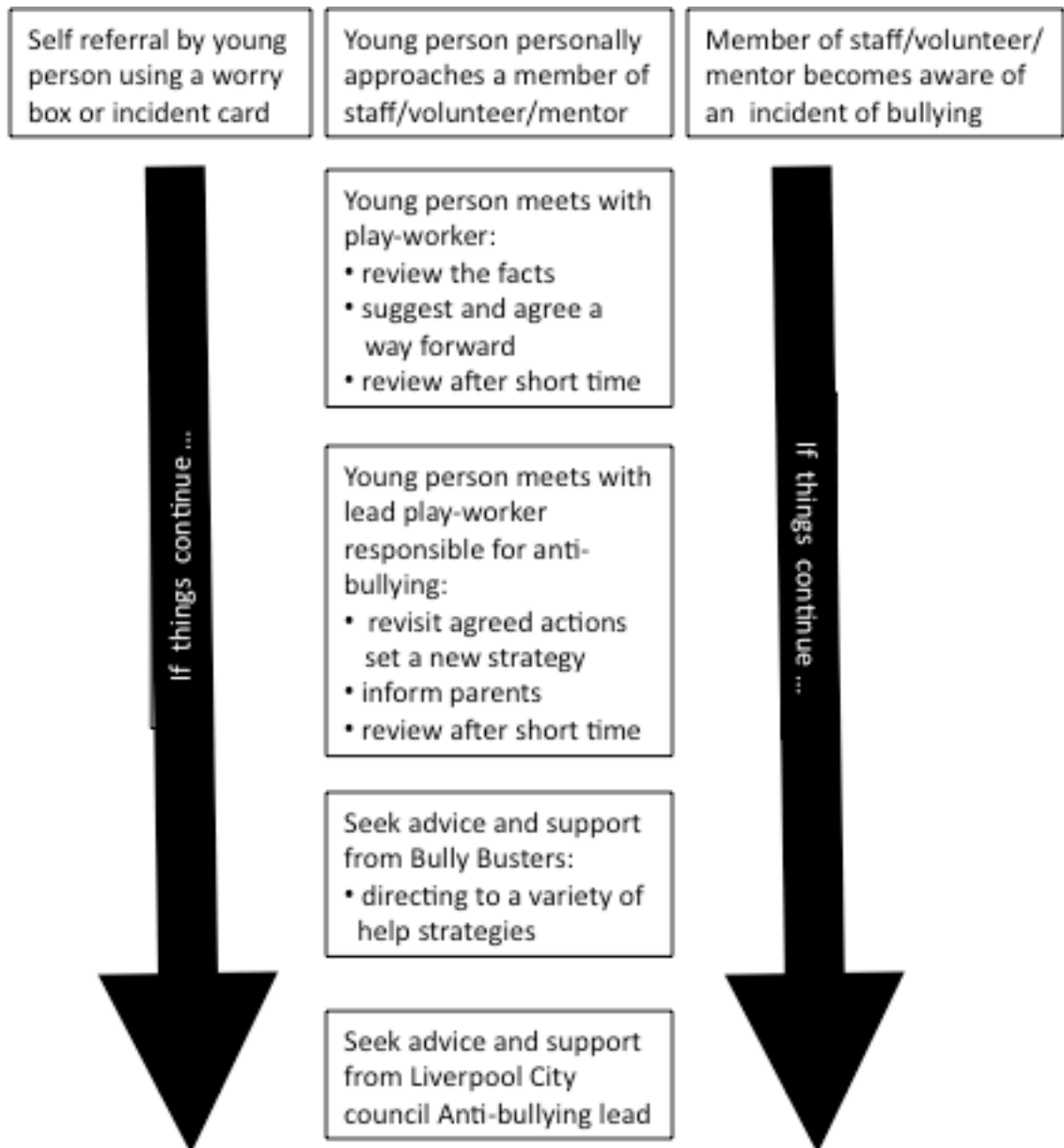
## **7.0 Why is it important to respond to bullying?**

### **Responses to Bullying**

- Bullying Hurts!
- Everybody has the right to be treated with respect.
- Everybody has the right to feel happy and safe.
- No-one deserves to be a victim of bullying.
- Bullies need to learn different ways of behaving.

**Speke Adventure Playground will respond promptly and effectively to reported incidents of bullying.**

## 8.0 Pathways of Help



## 9.0 Support Agencies

**Bully busters** - Bully Busters is an Anti Bullying Organisation that was launched at the beginning of September 2004 to provide support for victims of bullying and their families.

Free helpline 0800 169 6928 or [bbusters@localsolutions.org.uk](mailto:bbusters@localsolutions.org.uk)

**Anti-bullying Alliance** - the alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their website has a parent section with links to recommended organisations who can help with bullying issues

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

Kidscape

[www.kidscape.org.uk](http://www.kidscape.org.uk)

02077303300

**Childline** – advice and stories from children who have survived bullying  
08000 1111

**Bullying on line**

[www.bullying.co.uk](http://www.bullying.co.uk)

**Parentline Plus** – advice and links for parents [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  
08088002222

**Parents Against Bullying**

01928 576152

### Useful sources of information

**Stonewall** - the gay equality organisation founded in 1989. Founding members include Sir Ian McKellen.  
[www.stonewall.org.uk](http://www.stonewall.org.uk).

**Cyberbullying.org** - one of the first websites set up in this area, for young people, providing advice around preventing and taking action against cyber bullying. A Canadian based site [www.cyberbullying.org](http://www.cyberbullying.org)

**Chat danger** - a website that informs about the potential dangers online (including bullying), and advice on how to stay safe while chatting [www.chatdanger.com](http://www.chatdanger.com)

**Think U Know** - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary schools [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Know IT All for Parents** – a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement [www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)

All members of the organisation will adhere to this policy.