

## **ANTI BULLYING POLICY**

### **WHAT IS BULLYING ?**

BULLYING INVOLVES THE PURPOSEFUL AND THREATENING BEHAVIOUR BY PERSON(S) WHICH CAUSES HURT AND DISTRESS TO THE VICTIM(S)

THIS CAN INCLUDE PHYSICAL OR VERBAL THREATS AND ABUSE, GESTURES, EXTORTION, INTIMIDATION AND EXCLUSION

LAUGHING ALONG WITH A BULLY IS NOW CONSIDERED A FORM OF BULLYING AS IS PROVOKING A SITUATION SUCH AS A FIGHT.

### **ACTION**

AWARENESS OF ANTI BULLYING CAN BE DONE THROUGH A VARIETY OF MEANS SUCH AS WORKSHOPS, LITERATURE AND POSTERS, POLICIES, STATEMENTS, GUIDE FOR PARENTS AND SO ON

### **IF YOU DISCOVER BULLYING THEN BE PROACTIVE IN YOUR ACTION**

- SUPPORT THE PERSON BEING BULLIED – PUT THEM FIRST.
- EMPHASISE THAT BULLYING IS NEVER PERMITTABLE.
- TELL THE VICTIM THAT IT IS **NOT ADVISABLE TO HIT BACK.**
- TALK TO THE BULLY – TRY AND STAMP OUT THE BEHAVIOUR – NIP IT IN THE BUD.
- IF THE YOUNG PERSON WISHES CONTACT THEIR PARENT OR GUARDIAN.

IF BULLYING PERSISTS OR IS OF A MORE SERIOUS NATURE

- ENCOURAGE YOUNG PERSON TO KEEP A RECORD OF THE BULLYING – STAFF CAN ASSIST THEM TO DO THIS. THE RECORD CAN BE USED IN EVIDENCE.
- FIND OUT EXTENT OF BULLYING – IF IT IS HAPPENING IN SCHOOL CONTACT HEADTEACHER. IF HAPPENING OUTSIDE PARENTS CAN CONTACT A SOLICITOR.
- SCHOOL, PARENTS AND YOUTH PROJECT CAN DEVISE STRATEGIES TO DEAL WITH BULLYING.