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## Student Anti-Bullying Policy

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## Student Anti-Bullying Policy

**Bullying will not be tolerated at Learning4Life-GY and we take every report of bullying seriously.**

We are committed to providing a caring, friendly environment for you to learn and achieve in a secure and purposeful atmosphere and this can only happen if you are happy and feel safe.

This booklet gives details on:

- What bullying is
- Why does bullying happen? What can I do if I am not happy with my behaviour?
- What should I do if I am being bullied and what support could I receive?
- If I am afraid if I tell anyone it will get worse
- What I should do if I see someone being bullied
- Guidance and Contacts

### **What is Bullying?**

Learning4life-GY defines bullying as ‘an intentional act, by an individual or group, which may be repeated over time and causes physical or emotional pain or distress.’

We know that bullying takes many forms; the four main types are:

- Emotional: being unfriendly, excluding, tormenting
- Physical: pushing, kicking, hitting or any use of violence
- Verbal: name-calling, sarcasm, spreading rumours, teasing
- Cyber: all areas of the internet, such as email, social media misuse, passing on messages or sharing of personal information, mobile threats by text messaging or calls.

Bullying can be physical, verbal or psychological and can include behaviour such as:

- Name calling
- Spreading hurtful stories
- Excluding someone from groups and breaking up friendships
- Making demeaning comments about appearance, gender, culture, religion, sexuality, disability or illness
- Taking or damaging possessions or money
- Pushing or physical violence
- Upsetting someone through the misuses of phones or the internet. This includes pictures, photographs and videos.

## **Why does Bullying happen?**

Bullies are human themselves and usually do not bully unless they themselves have issues which may include poor social skills, feeling different or inadequate, having been exposed to others with a positive attitude towards violence, have no firm behavioural limits in place themselves or receive physical, emotional or excessive punishment.

Some students may be nasty to others to establish themselves within a group or to gain a certain status but may not realise that their actions are in fact bullying.

A rule of thumb is that you behave or see someone behaving badly to another person that you would not do if your teacher was standing beside you then IT IS WRONG! Think before you say or do something and consider – would my parent, carer, teacher be disappointed with my behaviour? If so, don't do it or report it.

We are also here to support you if you are unhappy with your behaviour or feel that you want help to try and behave more positively towards others. Speak to a teacher or the Department Manager – we can help too!

## **What should I do if I am being bullied?**

Tell a parent or carer so you can be supported from home AND speak to or email a teacher, your Pastoral lead or come to the Centre Manager. If you don't say anything then we can't help to stop it.

Email: [office@learning4life-gy.co.uk](mailto:office@learning4life-gy.co.uk)

If you tell us we can offer advice and support – you may just want someone to talk to and we will work with you at your own pace so you are comfortable with everything that happens.

We can also advise you on other activities that you may not be aware of but can join to gain new friends and take up new interests at break and lunchtimes.

Your Pastoral Lead can give you guidance on self-esteem techniques, strategies on dealing with bullying incidents and have a variety of useful contact details for support groups and eternal workshops you can attend.

## **I am afraid if I tell anyone it will get worse**

The majority of the time it is your choice as to how we help you to stop the bullying, which means that you will have a say on how we handle the situation. Please feel reassured that bullying is only going to get better if you tell someone about it. It will probably not 'just go away' if you ignore it – you need to take action and get the support that you deserve.

## **What should I do if I see someone being bullied?**

Deep down the majority of students know when behaviour towards another student is 'just not right'. If you feel uncomfortable with something that you see let a teacher, the Pastoral lead or Centre Manager know. Listen to your instincts – they are usually right. Watching bullying happen is wrong too.

- Tell a member of staff who you feel comfortable to talk to who is trained to respond and offer support
- Send an email to [office@learning4life-gy.co.uk](mailto:office@learning4life-gy.co.uk) with details of who is being bullied, you don't even have to put your name on it, but it would help if you did.
- Put an anonymous message in the Student Comments box near the front entrance. This is used for many purposes so it will not be obvious when a report of bullying is being posted.

## **Guidance**

- People who bully want to get a reaction out of you, but don't retaliate
- Try noting down dates, times and places of when the bullying happens
- Make sure you've got your friends around you most of the time
- Don't suffer in silence. Bullying is wrong – so tell someone about it.

## **If you know someone is being bullied**

- Don't ignore someone else being bullied, you should report the incident
- Support the person being bullied, whoever they are, they need your help and kindness
- Don't get into a fight on behalf of someone else
- If someone is in danger, get help right away

## **If you are bullying someone**

- It's not too late to stop bullying
- Ask yourself why you're behaving that way, do you really want to hurt or upset people?
- Think about if it is worth getting into trouble
- Be mature enough to stop and think about what you are doing
- Are you taking out your anger on other people because of stuff outside of Learning4Life-GY?
- Bullying won't win you any friends, it just makes people scared of you
- Talk to someone about your situation

## **Online or mobile phone bullying**

- If you are being targeted by mobile phone, always tell someone that you trust at Learning4life-GY or home
- Take screen shots of any cyber bullying, including pictures, photographs and videos so you have evidence of the incidents.
- Report bullying in the same way as detailed above.
- Never give your email address or mobile number to strangers on social media

## **What Learning4life-GY will do to prevent the re-occurrence of bullying behaviours.**

- All staff within Learning4life-Gy will be actively supervise behaviours and be aware of bullying issues.
- Bullying behaviours are in direct opposition to the values inherent within Learning4life-GY: Ready, respectful, Safe and as such will be dealt with in accordance with the Behaviour and Attendance Policy and Disciplinary Policy.
- Support will be provided to learners, (victim of bullying and perpetrator) and where applicable their families; and Behaviour Plans will be put together in a collaborative and restorative manner so as to support the prevention of re-occurrence.

## **Need more help?**

Useful websites:

- [www.cyberbullying.org](http://www.cyberbullying.org)
- [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.bullying.co.uk](http://www.bullying.co.uk)
- [www.familylives.org.uk](http://www.familylives.org.uk)
- [www.ineedhelp.org.uk](http://www.ineedhelp.org.uk)