

# Anti-Bullying Policy



## Bullying Behaviour

- Bullying can be defined as intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.
- Bullying involves the abuse of power in relationships. Bullying can involve all forms of harassment, humiliation, domination, intimidation and victimisation of others.

Bullying behaviour can be:

- ❖ Verbal: eg. name calling, teasing, abuse, putdowns, sarcasm, insults, threats
- ❖ Physical eg. hitting, punching, kicking, scratching, tripping, spitting, biting
- ❖ Social eg. ignoring, excluding, ostracising, alienating, making inappropriate gestures
- ❖ Psychological eg. spreading rumours, dirty looks, hiding or damaging possessions, malicious SMS and email messages, inappropriate use of camera phones.

Bullying:

- ❖ devalues, isolates and frightens
- ❖ affects an individual's ability to achieve
- ❖ has long-term effects on those engaging in bullying behaviour, those who are subjects of bullying behaviour and the onlookers or bystanders.