



THE ENGLISH SCHOOL OF KYRENIA
an exceptional school

ANTI-BULLYING POLICY

Aims and objectives

This policy aims to ensure that ESK is a place of learning where every student is free from threats of harm (both mental and physical) inflicted by others.

To ensure that all students are aware of the psychological damage that bullying can inflict on others.

ESK staff should raise awareness amongst its students that bullying, threats and violence are not acceptable in society.

Definition of 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.

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 establish that bullying of any kind is unacceptable at our school.

Types of Bullying

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.



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Misuse of associated technology, for example, 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 focussing on the issue of sexuality).
- Disability (raising awareness of the disparity between physical, mental or emotional abilities in a detrimental manner such as name calling or imitation).

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 school or changes route.

Doesn't want to go on the school / public bus.

Begs to be driven to school.

Changes their usual routine.

Is unwilling to go to school (school-phobic).

Begins to truant.

Becomes withdrawn, anxious, or lacking in confidence.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 repeatedly has nightmares.

Feels ill in the mornings.

Performance in schoolwork begins to drop.

Comes home with clothes torn, property damaged or 'missing'.

Asks for money or starts stealing money.

Has lunch/snack or other monies continually 'lost'.

Has unexplained cuts or bruises.

Comes home 'starving'.

Bullies others.



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Changes in eating habits.

Is frightened to say what is wrong.

Is afraid to use the internet or mobile phone or other devices.

Nervous or jumpy when a cyber-message is received.

Gives improbable excuses for their behaviour.

Causes of Bullying

People bully for different reasons. The reasons could be:

- To feel popular
- Jealousy
- To feel powerful
- To look good in front of other people
- To feel good about themselves
- To be in control
- Because they want something (attention, possession or friends)
- 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).

Preventing Bullying

All schools should foster a clear understanding that bullying, in any form, is not acceptable. This can be done by:

- Developing an effective Anti-Bullying Policy and practice. The school will then become a safer and happier environment, with consequent improvements in attitudes, behaviour, and relationships and with a positive impact on learning and achievement.
- Raising staff awareness of bullying through training. This would include the times and places where bullying is most likely to occur.



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- Reporting incidences of bullying and keeping written records using an Incident Report Form. A copy should be kept centrally with the relevant Key Stage Coordinator, so that patterns of behaviour can be identified and tracked.
- Regular praise of positive and supportive behaviour by all staff.
- Work in school which develops empathy and emotional intelligence. This can be done through assemblies, PSHE programmes, stories in language lessons, drama lessons etc.

Any incidents are treated seriously and dealt with immediately according to the school's Behaviour and Discipline Policy. Suitable types of sanctions depend on the severity of the bullying. They can include temporary and permanent exclusion.

Why is it important to respond to bullying?

ESK recognises the importance of responding promptly and effectively to reported incidents of bullying. *Bullying can cause psychological damage to the victim.*

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

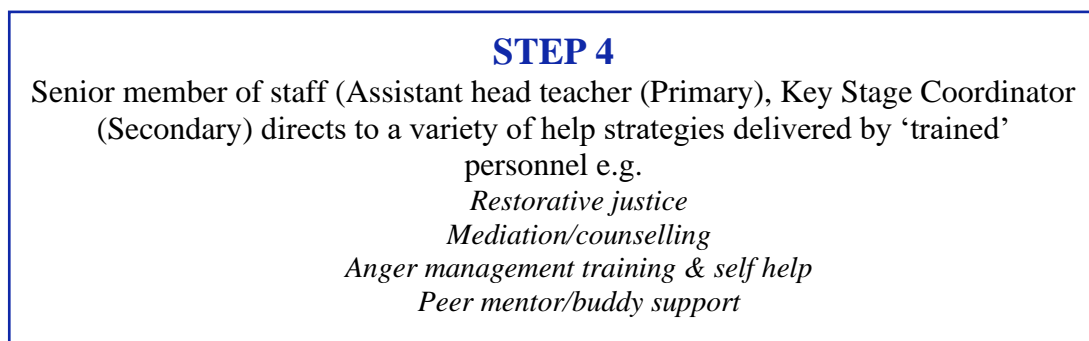
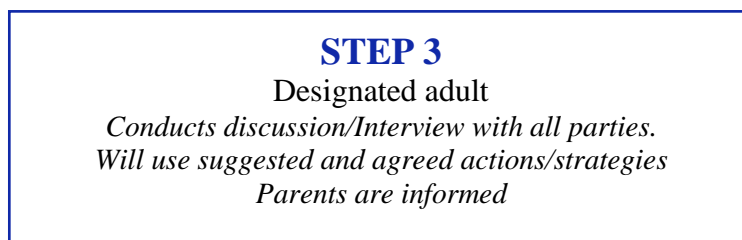
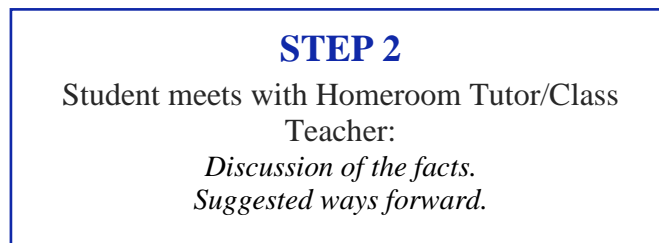
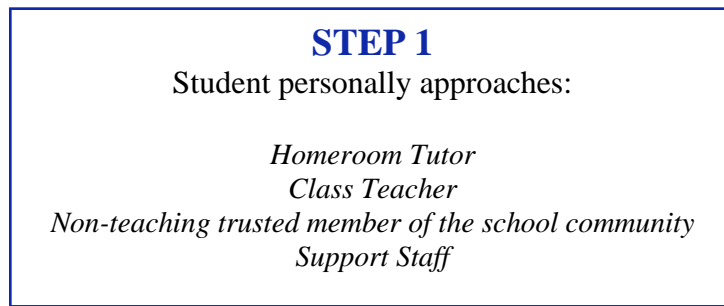


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**RECOMMENDED PROCEDURES IN SCHOOL FOR REPORTING
BULLYING**

PATHWAYS OF HELP

Student is bullied





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STEP 5

Head of school arranges parental interview. Use of Behaviour Policy for the bully.

Support Agencies & Resources

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

Kidscape

www.kidscape.org.uk

Bullying online

www.familylives.org.uk

Stonewall: The gay equality organisation founded in 1989. Founding members include Sir Ian McKellen. 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 cyberbullying. A Canadian based site www.cyberbullying.org

Chatdanger: A website that informs about the potential dangers online (including bullying), and advice on how to stay safe while chatting 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



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