



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 the internet and digital platforms, including, but not limited to email, social media, chatrooms/chat groups, instant messaging, AI, whether with a student’s own device or that of others, and whether done under one’s own name or a pseudonym).
- Mobile phone threats by text messaging, calls and any digital platforms/social media.
- Misuse of technology (e.g. camera and video facilities including those on mobile phones).
- Racist (racial taunts, graffiti, gestures).
- Sexual (unwanted physical contact, sexually abusive/suggestive comments, sexting etc).
- 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).

Note: The above is not exhaustive and bullying may take other forms, and such will be evaluated by the school.

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.
- 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
- bBecause 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.
- 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?

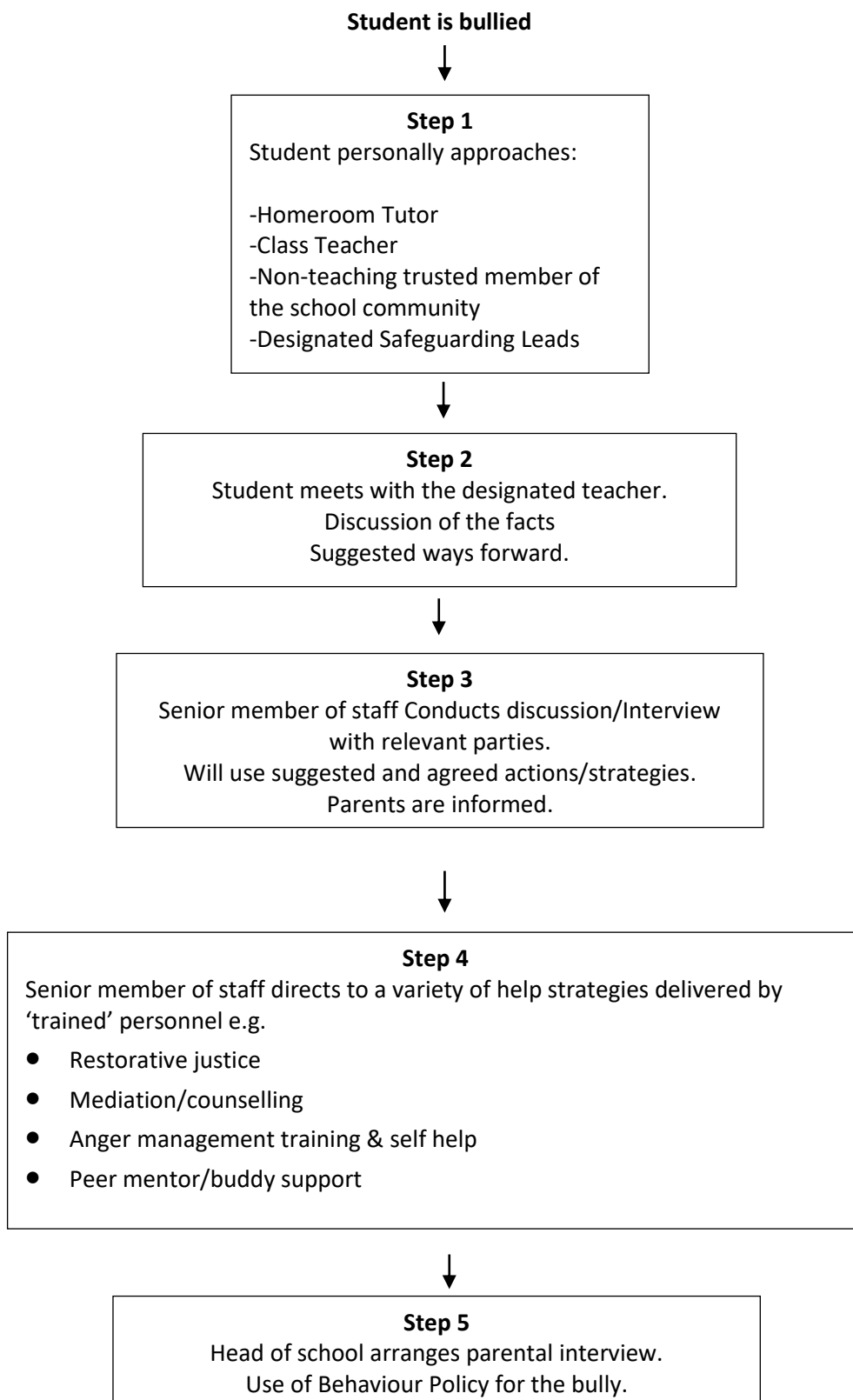
ESK recognises the importance of responding promptly and effectively to reported incidents of bullying. Bullying can cause psychological damage to the victim.

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

RECOMMENDED PROCEDURES IN SCHOOL FOR REPORTING BULLYING

PATHWAYS OF HELP



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: is an award-winning charity that provides practical advice, training, and resources to prevent bullying and protect children across England and Wales.

<https://coramkidscape.org.uk/>

Family lives: is a leading UK charity providing advice and support to anyone affected by bullying.

<https://www.coramfamilylives.org.uk/advice/bullying/>

Cyberbullying.org: is the official website of the **Cyberbullying Research Center**, a leading organization that provides data, research, and educational resources on digital abuse and online harassment among youth. A Canadian based site www.cyberbullying.org

Childline chatdanger: A website that informs about the potential dangers online (including bullying), and advice on how to stay safe while chatting <https://www.childnet.com/resources/chatdanger/>

Think U Know: The program teaches children, teens, parents, and teachers how to recognize online risks and practice safe internet habits. www.thinkuknow.co.uk

Stonewall: The gay equality organisation founded in 1989. Founding members include Sir Ian McKellen. www.stonewall.org.uk