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.