

EAST MIDLANDS KICKBOXING ANTI-BULLYING POLICY

Statement of Intent

We are committed to providing a caring, friendly and safe environment for all of our students so they can learn kickboxing in a relaxed and secure atmosphere. Bullying of any kind is unacceptable within our clubs. If bullying does occur, all students should be able to tell and know that incidents will be dealt with promptly and effectively. We are a *TELLING* club. This means that *anyone* who knows that bullying is happening is expected to tell the instructor.

What Is Bullying?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim. Bullying can be :-

- **Emotional** - being unfriendly, excluding, tormenting (e.g. hiding things, threatening gestures)
- **Physical** - pushing, kicking, hitting, punching or any use of violence
- **Racist** - racial taunts, graffiti, gestures
- **Sexual** - unwanted physical contact or sexually abusive comments
- **Homophobic** - because of, or focussing on the issue of sexuality
- **Verbal** - name-calling, sarcasm, spreading rumours, teasing
- **Cyber** - All areas of internet such as email & internet chat room misuse, Mobile threats by text messaging & calls, Misuse of associated technology, i.e. camera and video facilities

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Children who are bullying need to learn different ways of behaving. Associations such as East Midlands Kickboxing have a responsibility to respond promptly and effectively to issues of bullying.

Objectives of this Policy

- All instructors, assistant instructors and coaching team members, students and parents should have an understanding of what bullying is.
- All instructors, assistant instructors and coaching team members should know what the club policy is on bullying, and follow it when bullying is reported.
- All students and parents should know what the clubs policy is on bullying, and what they should do if bullying arises.
- As an organisation we take bullying seriously. Students and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

Signs and Symptoms

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child :-

- is frightened of walking to or from their kickboxing class
- is unwilling to go to their kickboxing class
- begins to make excuses not to attend their classes
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in the classes
- comes home with clothes torn
- has possessions which are damaged or " go missing"
- asks for money or starts stealing money (to pay bully)
- has or class, snack or drink monies continually "lost"
- has unexplained cuts or bruises
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous & jumpy when a cyber message is received

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated

Procedures

- Report bullying incidents to the instructor at your class
- In cases of serious bullying, the incidents will be recorded by the instructor
- In serious cases parents should be informed and will be asked to come in to a meeting to discuss the problem
- If necessary and appropriate, police will be consulted
- The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly
- An attempt will be made to help the bully (bullies) change their behaviour

Outcomes

- The bully (bullies) may be asked to genuinely apologise. Other consequences may take place.
- In serious cases, suspension or even exclusion will be considered
- If possible, the students will be reconciled
- After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

Prevention

We will use KIDSCAPE methods for helping children to prevent bullying. As and when appropriate, these may include :-

- writing a set of school rules
- signing a behaviour contract
- having discussions about bullying and why it matters

All Information and Policy Details Courtesy of Kidscape

Policy last revised: 9th September 2009

Filename: EMK Anti Bullying Policy

HELP ORGANISATIONS:

Advisory Centre for Education (ACE)	0808 800 5793
Children's Legal Centre	0845 345 4345
KIDSCAPE Parents Helpline (Mon-Fri, 10-4)	0845 1 205 204
Parentline Plus	0808 800 2222
Youth Access	020 8772 9900
Bullying Online	www.bullying.co.uk

Visit the Kidscape website www.kidscape.org.uk for further support, links and advice.