



ANDERIDA ADOLESCENT CARE

BULLYING POLICY

Here at Anderida we have a zero tolerance to bullying, and we will take every report of bullying seriously. We aim to create a welcoming environment for all young people, where bullying will not be tolerated or accepted.

WHAT WE THINK BULLYING IS:

- A deliberate intention to hurt or humiliate
- A power imbalance that makes it hard for the victim to defend themselves
- Being usually persistent

WE THINK BULLYING CAN COME IN DIFFERENT FORMS:

- Name calling
- Taunting
- Mocking
- Making offensive comments
- Kicking
- Hitting
- Pushing
- Taking belongings
- Inappropriate touching
- Producing offensive graffiti
- Spreading hurtful rumours
- Pressured a person to act against their will
- Leaving someone out of groups
- Intentional exclusion/isolating

CYBER BULLYING:

- Using electronic communications, such as smart phones, tablets, computers etc to bully a person is called cyber bullying, this type of bullying could come in many forms;
- Sending hurtful messages online
- Spreading rumours online about other people online
- Excluding people online from friendship groups
- Sending inappropriate images online
- Sending images online without permission from the individual
- Making offensive comments on social media; Name calling, taunting and mocking other people online/social media is all cyber bullying.

IF YOU THINK YOU ARE BEING BULLIED;

DO

- Ask them to STOP if you can
- Tell them to go away
- Ignore them
- Walk away
- Tell your mentors, school, friends and family.

DON'T

- Do what they say
- Get angry or violent
- Hurt them or others
- Retaliate in any way
- Think it is your fault
- Hide it from the people around you

IF YOU WITNESS SOMEONE ELSE BEING BULLIED, OR YOU SEE ONLINE BULLYING, OR YOU HAVE SUSPICIONS OF SOMEONE ELSE BEING BULLIED:

- Tell someone
- Don't retaliate
- Offer support to the person being bullied
- Don't stay silent – the bullying may continue to happen if you do not say anything
- Again – TELL SOMEONE, especially your mentors and teachers.