

## D1.1 Bucksmore Homelingua Bullying Policy

Bullying is not classified as a form of child abuse however it can be a significant factor in other types of child abuse and can have equally detrimental consequences for a child.

Bullying is anything done with the intention of hurting, intimidating, frightening or upsetting another person. Bullying is not always physical but it results in distress to the victim. It is important to note that bullying does not just occur through face to face contact. Instances of bullying can occur between young people but also from adult to young person. Bullying can be prejudiced based (e.g. disablist, racist, homophobic etc.), if this is the case it is important that this is addressed when responding to bullying behaviour.

### D1.1.1 Forms of Bullying

Bullying can include:

- Physical e.g. hitting, kicking, pinching, punching, scratching, spitting or any other form of physical attack.
- Damage to or taking someone else's belongings may also constitute physical bullying
- Verbal e.g. offensive name calling, insults, racist remarks, sexist or homophobic jokes, teasing, threats, using sexually suggestive or abusive language
- Sexual e.g. abusive sexualised name calling, inappropriate sexual innuendo
- Indirect e.g. spreading nasty stories/rumours about someone, intimidation, exclusion from social groups
- Cyberbullying e.g. sending hurtful messages or using videos and images to humiliate, leaving malicious voicemails, a series of silent calls, writing hurtful comments on social networking sites

### D1.1.2 Indicators of Bullying and what Bullying can lead to

The damage inflicted by bullying can be frequently underestimated. It can cause considerable distress to young people, to the extent that it affects their health and development or, at the extreme, causes them significant harm (including self-harm).

There are a number of signs that may indicate that a young person or disabled person is being bullied:

- Behavioural changes such as reduced concentration and/or becoming withdrawn, clingy, depressed, tearful, emotionally up and down, reluctant to go to lessons or excursions
- A drop off in performance during lessons
- Physical signs such as stomach-aches, head-aches, difficulty in sleeping, bed-wetting, scratching and bruising, damaged clothes and bingeing for example of food, cigarettes and alcohol
- Being ignored or left out
- The person becoming depressed or feeling anxious

Bucksmore Homelingua does not tolerate the bullying of other people in any form whatsoever and all incidents reported to Bucksmore Homelingua will be investigated and acted on.

At all times Bucksmore Homelingua students, staff and teachers and their family must:

- Behave and speak in a courteous and respectful way
- Respect the property and belongings and do not to take anything without permission
- Do not ignore someone being bullied, try to get help and tell a responsible adult
- You should ask for help if you are being bullied

#### **D1.1.3 If you are being bullied**

- Contact your teacher, parent, the Bucksmore Homelingua Academic Teacher Manager, your Agency or someone else you trust. If the first person you speak to doesn't help you, speak to someone else.
- It might help to write down what has happened or what the person bullying you said to you and also write down how you feel. You can show this to the person who is helping you.
- Call the Bucksmore Homelingua Academic Teacher Manager in Head Office +44 208 3128075 or +44 7773389143 or email [support@homelingua.com](mailto:support@homelingua.com)
- For more information about anti-bullying, please visit Bullying UK at [www.bullying.co.uk](http://www.bullying.co.uk)
- The most important thing is to do something. It is possible that the bullying stops quickly but if you do nothing it may mean that the bullying continues which could lead to the person being seriously hurt or upset.