ANTI BULLYING & CYBER BULLYING POLICY

(2023-2024)

Approved & Adopted on	03.04.2023	To be reviewed	Annually
Reviewed by	Governing Body	Signed	

ANTI BULLYING & CYBER BULLYING POLICY

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Introduction

At Gulf Indian High School, we believe that all students have the right to an educational environment where they feel safe and which is free from harassment and bullying. All our actions and teaching should reinforce the principles of thought and consideration of others; tolerance; equality of opportunity; and the recognition and acceptance of others.

1. BULLYING

Bullying is any behavior which is deliberately intended to hurt, threaten, frighten or discriminate against another individual or group. It is usually unprovoked, happens again and again as part of a pattern of behavior and can continue for a long period of time.

Bullying includes:

- ❖ Physical: Pushing, kicking, hitting, pinching, hair-pulling and other forms of violence or threats of violence
- ❖ Verbal: Name-calling and sarcasm
- ❖ Innuendo: Spreading rumors, persistent teasing
- ❖ Emotional: Excluding, ridicule, humiliation
- ❖ Intrusive: Email, text messaging, use of Facebook and other social media, designed to upset or abuse Racist: Racial taunts, graffiti, and gestures
- ❖ Sexual: Unwanted physical contact or abusive comments

2. CYBER BULLYING

Cyber bullying includes sending or posting harmful or upsetting text, images or other messages, using the internet, mobile phones or other communication technology. It can take many forms but can go even further than face to face bullying by invading home and personal space and can target one or more people. It can take place across age groups and target pupils, staff and others. It can include threats and intimidation, harassment, defamation, exclusion or peer rejection, impersonation and unauthorized

publication of private information or images. It can include messages intended as jokes, but which have a harmful or upsetting effect.

Cyber bullying may be carried out in many ways, including:
- ❖ Threatening, intimidating or upsetting text messages
- ❖ Threatening or embarrassing pictures and video clips via mobile phone cameras
- ❖ Silent or abusive phone calls or using the victim's phone to harass others, to make them think the victim is responsible
- ❖ Threatening or bullying emails possibly sent using a pseudonym or someone else's name
- ❖ Menacing or upsetting responses to someone in a chatroom
- ❖ Unpleasant messages sent during instant messaging
- ❖ Unpleasant or defamatory information posted to blogs, personal websites and social networking sites (e.g. Facebook)

3. Aims and Objectives of the policy

- ❖ To ensure that our children are provided with a safe and secure learning environment
- ❖ To ensure that all children are aware of the psychological damage that bullying can inflict on others
- ❖ To support children who are being bullied and to help them feel safe again, to rebuild their confidence and self esteem
- ❖ To maintain a community in which everyone feels valued and safe and where individual differences are appreciated, understood and accepted
- ❖ To promote a secure and happy, caring environment where kindness and helpfulness are expected and respected
- ❖ To praise and reward positive behavior which benefits others and the community as a whole
- ❖ To teach students to respect themselves and others, promoting crucial self-esteem
- ❖ To reduce the emotional and mental distress of any bullying enabling all students the right to enjoy their time at school

4. Strategies

- ❖ To have a school wide program regarding anti-bullying, covering assemblies and public address system that informs and educates students about the issues related to bullying and give them strategies to deal with situations they might encounter
- ❖ To help students through advice and counseling, to make the right choices and not succumb to peer pressure
- ❖ To listen to all parties involved in incidents and always take allegations from victims seriously
- ❖ To reassure students that the school will do all in its power to protect and support all parties involved while the issues are being resolved
- ❖ To investigate all incidents as fully as possible
- ❖ To use a range of strategies which challenge bullying behavior
- ❖ To include within the curriculum, opportunities to discuss and consider bullying and other forms of anti-social behavior
- ❖ To identify bullying behavior at the early stages and work towards behavior modification before the problem becomes more serious.

5. **Reporting Bullying**

As a school we will:

- ❖ Encourage victims and witnesses to speak up
- ❖ Treat incidents seriously however trivial they might seem at first
- ❖ Be alert, as a whole staff, to changes in behavior, attitude and well-being, reporting these immediately to the appropriate members of staff.

6. **Responding to Bullying**

As a school, we will endeavor to:

- ❖ Take all bullying problems seriously
- ❖ Deal with each incident individually and to access the needs of each student separately
- ❖ Regard all incidents as potentially serious and investigate them thoroughly
- ❖ Ensure that bullies and victims are interviewed separately
- ❖ Obtain witness information
- ❖ Keep a written record of the incident

❖ Investigation and outcomes which should be recorded and copied to the relevant staff
❖ Ensure that action is taken to prevent further incidents.

Such action may include:

❖ Obtaining a sincere apology
❖ Informing parents of both bully and bullied
❖ Provide support for both victim and bully.

7. <u>Counter Cyber bullying</u>

Students need to remember that something sent electronic can never be entirely removed even with a press of the 'delete' button.

Students can protect themselves from some forms of cyber harm by noting the following advice:

❖ Never tell anyone, even your friends, your passwords, private details or access codes.
❖ When speaking to someone you do not know on the Net, be aware they may not be who they say they are.
❖ Never tell people you do not know well what your address is, or how they can meet up with you.
❖ Always be careful what you say or what you show a person in confidence on the Net for it is never guaranteed to remain confidential. The information may be sent on to others.

8. <u>Role of the Teachers</u>

Teachers will always listen to pupil who needs to report an incident of unacceptable behavior. Teachers will make every effort to supervise pupil carefully especially the ones who were involved in bullying incidents in the past or are new to school. Teachers will be consistent when dealing with instances of bullying and will use the School's procedures to log and deal with any incidences they are aware of.

GULF INDIAN HIGH SCHOOL, DUBAI

Template for recording bullying behavior

1. Name of student being bullied and class group
   Name _____
   Class_____

2. Name(s) and class (es) of student (s) engaged in bullying behavior

   _____

   _____

   _____

3. Source of bullying concern/report

(Tick relevant box (es))

Pupil concerned	
Other pupil	
Parent	
Teacher	
0ther	

4. Location of incidence

(Tick relevant box (es))

Playground	
Classroom	
Corridor	
Toilet	
School Bus	
Other	

5. Name of Person(s) who reported the bullying Concern

6. Type of bullying behavior _____
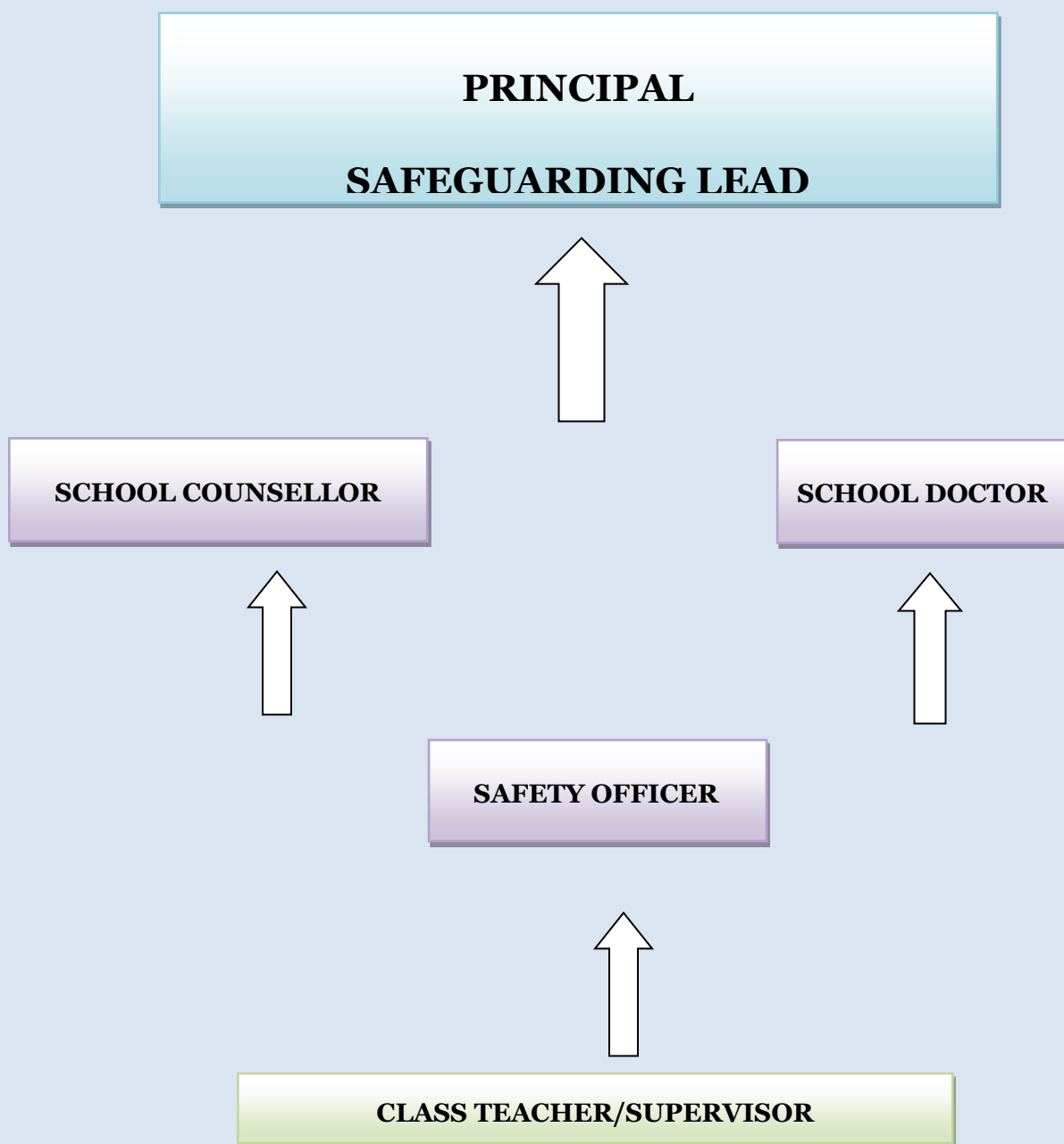
7. Details of actions taken _____

_____

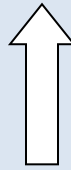Signed _____ (Relevant Teacher/Child Protection Officer)
Date _____
Date submitted to Principal _____

GIHS HEIRARCHY FOR REPORTING CHILD ABUSE/BULLYING

PRINCIPAL

SAFEGUARDING LEAD

SCHOOL COUNSELLOR

SCHOOL DOCTOR

SAFETY OFFICER

CLASS TEACHER/SUPERVISOR

↑

ABUSED/BULLIED CHILD

GIHS CHILD PROTECTION AND SAFEGUARDING
COMMITTEE/SAFEGUARDING LEAD

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