

## Anti-Bullying Statement

Bullying is not only a breach of our **6 values** and **Positive Education Policy**, it is a demonstration of **incivility**. Bullying is not tolerated at The Royal Grammar School Guildford Qatar and will be met with the relevant and appropriate sanctions. Bullying includes any type of behaviour or attitude that makes another student feel uncomfortable.

Bullying can be a lot of different behaviours and is not just about physical intimidation. You may be contributing to bullying and not even realise it.

**Definition of bullying: Bullying is unwanted hurtful behaviour that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time.**

There is no excuse for bullying. (e.g. "it was a joke", "I was only joking").

Bullying includes actions such as making threats, spreading rumours, attacking someone physically or verbally, and excluding someone from a group on purpose.

1. Verbal bullying is saying mean things (teasing, name-calling, inappropriate sexual comments, taunting, threatening to cause harm)
2. Social bullying, involves hurting someone's reputation or relationships (leaving someone out on purpose, telling students not to be friends with someone, spreading rumours)
3. Physical bullying involves hurting a person's body or possessions (hitting/kicking/pinching, spitting, tripping/pushing, taking or breaking someone's things, or making mean or rude hand gestures)
4. Cyber-bullying is using technology to bully-text, setting up abusive websites, posting photos, misusing social networking sites, sexting, sextortion.

Bully: Students who engage in bullying behaviour towards their peers.

Victim: Students who are the targets of bullying behaviour.

Assister: Students who encourage the bullying behaviour and occasionally join in.

Reinforcer: Students who are not directly involved in the bullying behaviour but they will often laugh or provide support for the ones who are engaging in bullying

Outsider: Students who neither reinforce the bullying behaviour nor defend the one being bullied. Some may watch what is going on but do not provide feedback about the situation to show they are on anyone's side. These students often want to help, but don't know how.

Defender: These students actively comfort the student being bullied and may come to his/her defence when bullying occurs.

### ***What if I am being bullied or know someone else who is?***

Speak to your class teacher/Form Tutor, Assistant/Deputy Head or Head of School, or any teacher that you feel you can talk to.

***What if I am being cyber-bullied?***

Block the person if possible, keep a record of all attempted communication e.g. screenshots, and see your Form Tutor, Assistant/Deputy Head or Head of School as soon as possible.

***Useful anti-bullying & support websites***

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

[www.childnet-int.org](http://www.childnet-int.org)

PLEASE READ THIS STATEMENT ALONGSIDE THE **POSITIVE EDUCATION POLICY**.