

# **I-Kick Martial Arts Anti-Bullying Policy**

## **Statement of Intent**

We are committed to providing a caring, friendly and safe environment for all our members so they can participate in sport in a relaxed and secure atmosphere.

Bullying of any kind is unacceptable in our club.

If bullying does occur, all club members should be able to tell and know that incidents will be dealt with promptly and effectively.

This means that *anyone* who knows that bullying is happening is expected to tell the club 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. 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 and calls, misuse of 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. Club members who are bullying need to learn different ways of behaving.

The club has a responsibility to respond promptly and effectively to issues of bullying.

## **Objectives of this Policy**

- All club members, coaches, volunteers and parents should have an understanding of what bullying is
- All club members, coaches and volunteers and parents should know what the club

policy is on bullying, and follow it when bullying is reported

- All club members and parents should know what the school policy is on bullying, and what they should do if bullying arises
- As a club we take bullying seriously. Club members 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 club/school
- doesn't want to go on the school / public bus
- begs to be driven to club/school
- changes their usual routine
- is unwilling to go to club/school (school phobic)
- begins to truant
- 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 school work
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money (to pay bully)
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home starving (money / lunch has been stolen)
- 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**

1. Report bullying incidents to the class instructor or staff member of the Club or an adult you can trust

2. In cases of serious bullying, the incidents will be referred to the Senior Club Instructor
3. In serious cases parents should be informed and asked to come in to a meeting to discuss the problem
4. If necessary and appropriate, police will be consulted
5. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly
6. An attempt will be made to help the bully (bullies) change their behaviour
7. If mediation fails and the bullying continues the club will initiate disciplinary proceedings according to the Club Terms & Conditions

## **Recommended Club Action**

**If the club decides it is appropriate for them to deal with the situation they should follow the procedure outlined below:**

1. Reconciliation by getting the parties together. It may be that a genuine apology solves the problem
2. If this fails/not appropriate a small panel (made up from senior instructor, club instructor and child protection officer) should meet with the parent and child alleging bullying to get details of the allegation. Minutes should be taken for clarity, which should be agreed by all as a true account
3. The same 3 persons should meet with the alleged bully and parent/s and put the incident raised to them to answer and give their view of the allegation. Minutes should again be taken and agreed
4. If bullying has in their view taken place the individual should be warned and put on notice of further action i.e. temporary or permanent suspension if the bullying continues. Consideration should be given as to whether a reconciliation meeting between parties is appropriate at this time
5. In some cases the parent of the bully or bullied club member can be asked to attend training sessions, if they are able to do so, and if appropriate. The club committee should monitor the situation for a given period to ensure the bullying is not being repeated
6. All instructors involved with both individuals should be made aware of the concerns and outcome of the process i.e. the warning

## **Outcomes**

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

## **Prevention**

1. The club will have a written constitution, which includes what is acceptable and proper behaviour for all members of which the antibullying policy is one part
2. All club members and parents will sign to accept the constitution upon joining the club
3. The Child Protection Officer will raise awareness about bullying and why it matters, and if issues of bullying arise in the club, will consider meeting with members to discuss the issue openly and constructively

**This policy is based on guidance provided to schools by KIDSCAPE. KIDSCAPE is a voluntary organisation committed to help prevent child bullying. KIDSCAPE can be contacted on 0207 730 3300 or you can access their website via [www.kidscape.org.uk](http://www.kidscape.org.uk).**

**You may also wish to access any of the following websites designed to give advice and guidance to parents and children who are faced with dealing with bullying:**

## **HELP ORGANISATIONS:**

NSPCC Helpline 0808 800 5000

ChildLine 0800 500 / [www.childline.org.uk](http://www.childline.org.uk)

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

Anti-Bullying Alliance [www.antibullyingalliance.org](http://www.antibullyingalliance.org)