

# Anti-Bullying Policy

## Simplified Version

Language In Action is committed to providing a **caring, friendly and safe environment** for all of our students. Bullying of any kind is unacceptable at our centres.



### 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. hiding books, threatening gestures)

#### Verbal

Name-calling, sarcasm, spreading rumors, teasing

#### Sexual

Unwanted physical contact or sexually abusive comments

#### Homophobic

Focusing on the issue of sexuality

#### Physical

Pushing, kicking, hitting, punching or any use of violence

#### Racist

Racial taunts, graffiti, gestures

#### Cyber

All areas of internet, such as email & internet chat room misuse. Mobile threats by text messaging & calls. Misuse of associated technology, i.e. camera & video facilities



### What to do if you feel you are being bullied?

If you feel you are being bullied or someone you know is being bullied, please contact any member of our staff, e.g. your **Teacher, Activity Leader, Centre Manager**.

We are here to help you and will be supported if you report bullying. You can bring a friend with you for support when you talk to us about what happened. **Bullying will not be tolerated.**