

Bullying

What is Bullying:- Bullying is repeated aggression, verbal, psychological or physical, conducted by an individual or group against others.

Types of Bullying:

- 1. **Physical aggression:** this includes pushing, shoving, punching, kicking and tripping people up. It may also take the form of physical assault.*
- 2. **Damage to property:** personal property can be the target for the bully.*
- 3. **Extortion:** demands for money may be made accompanied by threats.*
- 4. **Intimidation:** “I’ll get you”.*
- 5. **Isolation:** deliberately isolating someone, being excluded or ignored by some of the class.*
- 6. **Name Calling:** persistent name calling – directed at the same individual, which hurts, insults or humiliates, should be regarded as a form of bullying behaviour.*
- 7. **Personal remarks / Sexual innuendo.***

Signs and Symptoms:

- a) anxiety about travelling to and from school.*
- b) unwillingness to go to school / missing.*
- c) deterioration in educational performance.*
- d) pattern of physical illness.*
- e) unexplained changes in mood or behaviour.*
- f) visible signs of anxiety or distress.*
- g) possessions missing or damaged.*
- h) unexplained bruising or cuts or damaged clothing.*
- i) increased requests for money.*

These signs do not necessarily mean that a pupil is being bullied. If repeated and occurring in combination they should be investigated.

The Victim: *Any pupil through no fault of their own may be bullied. Very often, it is the physical features of the victim that attract the bully’s attention, i.e. being overweight, wear glasses, squint, big ears. Over sensitive pupils are often the target for the bully. The pupils who are most at risk of becoming victims are those who react in a vulnerable or distressed manner.*

The Bully:

1. *Person who displays aggressive attitudes.*
2. *Person with low self-esteem.*
3. *Attention seeker.*

Where does Bullying happen?

1. *Playground*
2. *In the class*
3. *In the corridors.*
4. *Immediately outside the school.*
5. *On the journey.*

Prevention

Aims:

- (i) *To create a school ethos which encourages children to disclose and discuss incidents of bullying.*
- (ii) *To raise awareness of bullying as a form of unacceptable behaviour.*
- (iii) *Comprehensive supervision through which all areas of school activity are kept under observation.*
- (iv) *To develop procedures for noting and reporting incidents.*
- (v) *To develop procedures for investigating incidents.*

School Policy in Bullying

It is the policy of Raheen N.S. to observe the following procedures:

- a) *All reports of bullying, no matter how trivial will be noted, investigated and dealt with by the teachers.*
- b) *Serious cases of bullying behaviour will be referred to the Principal.*
- c) *Parents / Guardians of victims and bullies shall be informed.*
- d) *It will be made clear to all pupils that when they report incidents of bullying they are not telling tales.*
- e) *Cases which remain unsolved at school level will be referred to the Board of Management.*
- f) *When investigating incidents of bullying behaviour the Teacher or Principal will seek answers to the questions of what, where, when, who and how. This will be carried out in a calm manner.*
- g) *If a gang is involved each member will be interviewed individually and then met as a group.*
- h) *If a pupil has engaged in bullying behaviour then it should be made clear how he / she is in breach of the Code of discipline.*
- i) *Teachers investigating cases of bullying will keep a written record of their discussions.*

Action to be taken

1. *Parents to be notified.*
2. *Reasoning with the “Bully”.*
3. *Loss of privileges.*
4. *Board of management to be notified in very serious cases.*
5. *Suspension (Temporary.)*