



# ATLETICO TROTTERS YOUTH FOOTBALL CLUB

## ANTI-BULLYING POLICY

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### **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 (emotionally and physically) sending hurtful text messages, tormenting, (e.g. hiding football boots/shin guards, threatening gestures)

**PHYSICAL** pushing, kicking, hitting, punching or any use of violence

**SEXUAL** unwanted physical contact or sexually abusive comments

**DISCRIMINATION** racial taunts, graffiti, gestures, homophobic comments, jokes about disabled people, sexist comments

**VERBAL** name-calling, sarcasm, spreading rumours, teasing

### **CYBERBULLYING**

This is when a person uses technology i.e. mobile phones or the internet (social networking sites, chat rooms, instant messenger, tweets), to deliberately upset someone. Bullies often feel anonymous and 'distanced' from the incident when it takes place online and 'bystanders' can easily become bullies themselves by forwarding the information on. There is a growing trend for bullying to occur online or via texts – bullies no longer rely on being physically near to a young person.

This club commits to ensure our website and/or social networking pages are being used appropriately and any online bullying will be dealt with swiftly and appropriately in line with procedures detailed in this policy.

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## **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. Individuals who are bullying need to learn different ways of behaving.

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

## **OBJECTIVES OF THIS POLICY**

- All club members, coaches, officials and parents should have an understanding of what bullying is.
- All club members, officials and coaching staff should know what the club policy is on bullying, and follow it when bullying is reported.
- All players and parents should know what the club policy is on bullying, and what they should do if bullying arises.
- As a club we take bullying seriously, Players and parents should be assured that they would be supported when bullying is reported.
- Bullying will not be tolerated

## **SIGNS AND INDICATORS**

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:

- Says he or she is being bullied
- Is unwilling to go to club sessions
- Becomes withdrawn anxious, or lacking in confidence feels ill before training sessions
- Comes home with clothes torn or training equipment damaged
- Has possessions go 'missing'
- Has unexplained cuts or bruises
- Is frightened to say what is wrong
- Gives improbable excuses for any of the above
- In More Extreme Cases
- Starts stammering
- Cries themselves to sleep at night or has nightmares
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Stops eating
- Attempts or threatens suicide or runs away

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## PROCEDURES

- Report bullying incidents to the Club Welfare Officer or a member of the clubs committee or contact the County FA Welfare Officer
- In cases of serious bullying, the incidents will be referred to the county FA Welfare Officer for advice and possibly to the FA Case Management Team
- Parents should be informed and will be asked to come in to a meeting to discuss the problem
- If necessary and appropriate, the police will be consulted
- The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly
- An attempt will be made to help the bully/bullies change their behaviour
- If mediation fails and the bullying is seen to continue the club will initiate disciplinary action under the club constitution