**ANTI-BULLYING POLICY**

All members of Greater Valley Calisthenics Club are committed to ensuring a safe and caring environment, and as such, **no form of harassment is acceptable.** Everyone has the right to feel safe at calisthenics, both physically and emotionally, and to be treated with respect and dignity. Students also have the right to learn to the best of their ability. It is, therefore, the responsibility of every Greater Valley member to actively discourage harassment, as well as report any incident, as Greater Valley Calisthenics Club does not tolerate bullying in any form.

**What is bullying?**

* Bullying is a repeated hurtful act towards someone.
* It can be spoken, written, physical or psychological/emotional
* It is an act of aggression towards another to make that person feel hurt, scared or embarrassed.
* Individuals or groups may be involved.

Some examples of bullying include....

* Making unpleasant comments about character, appearance, ability, race, religion, social background
* Using physical violence such as pushing or hitting
* Deliberately isolating a person or influencing others to leave them out of activities
* Using offensive names, teasing, spreading rumours about another person
* Belittling others' ability or achievements
* Using threats, making rude faces or gestures
* Sexual harassment, including offensive comments, unwanted physical contact, obscene letters or text messages, etc.

**Cyberbullying**

This includes all forms of electronic harassment - web based, email, phone, etc. The relative anonymity of technology means that users often feel they can say what they like or pretend to be someone else. It has the added menace of being able to be sent to/viewed by large numbers of people.

*Cyberbullying includes:*

* Sending offensive messages, jokes or cartoons to a person, or to a group about a particular person
* Sending or posting insulting, untrue or cruel messages, or making malicious fun of someone
* Sending or posting persona l, embarrassing or private photos or information about a person or their family, revealing sec rets or spreading gossip, or excluding someone from an online group
* Revealing or circulating sexual information about someone, true or not.
* Sending emails in the name of someone else

**Effects of bullying on the victim**

The person being bullied is likely to experience some of these problems:

* May feel frightened, embarrassed or angry
* May have trouble sleeping and concentrating at class or at competitions
* May have feelings of worthlessness and hopelessness
* May become isolated from her/his peers and family
* May wish to stay away from class
* May report that they have a variety of physical illnesses

**What do we do to prevent bullying?**

At Greater Valley, we encourage people to speak up if they are being bullied. Students and parents can be confident they will be taken seriously if they make a complaint. They will be treated with respect and should feel safe enough to report any incidents to their class coach who will in turn notify the principal coaches. By reporting it, we can take action. Steps to be taken include:

* Meeting individually with the students involved (victim and bully/bullies)
* Giving the perpetrator the opportunity to make amends
* Holding a follow up meeting to discuss the progress of all those involved
* Persistent cases of bullying will involve further consequences
* Further discussion with all parties involved (including parents) if the problem is not resolved.

**If you or someone you know is being bullied** ...

* Report the incident to your class coach, team co-ordinator or committee member.
* Let the victim know that they can get help
* Offer support to anyone who is being bullied
* If appropriate, take some form of action to let the bully know that their behaviour is unacceptable.

Pa rents should:

* Watch for any signs that their child is being bullied
* Inform the class coach if they suspect that bullying is taking place at class
* Discourage their child from retaliation if she/he is being bullied
* Be prepared to discuss incidents with coach and to co-operate with the principal coaches to solve the problem (would apply to parents of both victim and bully).

**When coaches, students and parents work together we can create a safe and caring environment where self-esteem and personal growth is actively promoted.**



**Greater Valley Calisthenics Club**

**Anti-Bullying Policy**

Please make sure that you and your child have read and understand this policy.

**Pupils Signature-**

**Name-**

**Parent/guardian Signature-**

**Name-**

**Team Coach Signature-**

**Name-**