

What can be considered as bullying?

- Verbal threats.
- Teasing, name calling or making fun of.
- Pushing or prodding.
- Physical assault with or without a weapon.
- Destroying or damaging possessions.
- Demanding money.
- Racial or sexual harassment.
- Excluding and ignoring.
- **Any** act which causes offence or bad feeling, whether it is intentional or not.

Signs which indicate a child is being bullied.

- Reluctance to go to school etc.
- Unexplained cuts and bruises, aches and pains.
- Requests for more money or starts stealing.
- Sleep and/or appetite patterns change.
- Behavioural changes - withdrawn, clinging, moody, aggressive

Some popular myths and attitudes about bullying

- It's just part of growing up.
- Boys will be boys – or girls will be girls
- It'll sort itself out.
- He'll have to learn to take it like a man.
- It only happens to boys.
- They have to learn to stand up for themselves.

Some facts about bullying

- Children who bully over a prolonged period tend to become involved in other forms of difficult behaviour.
- Sometimes they do not realise they are behaving in a bullying manner – this is no excuse.
- Children who are bullied often do badly at school.
- Children who bully can acquire a bad reputation which will follow them through school and may affect their future opportunities.
- If your child is being excluded from a group or the other children refuse to speak to him/her then this is a form of bullying.

The Gallica (Lancashire)SC position on bullying

- There is no place for a bully in our club.
- Bullying of any form will not be tolerated – **FULL STOP!**
- If anyone is found to be acting in a bullying manner [ASA Guidelines](#) will be followed and it could result in a person being asked to leave the club.
- Formal proceedings *may* also be taken against you!

If anyone feels they have been or are being bullied, speak in confidence to the club's relevant Coach, the Welfare Officer Julie Fausset, or to any member of the Committee.