

# The British International School Istanbul

## Anti-bullying Policy

### **Aims and Objectives**

- This policy aims to ensure that BISI is a place of learning where every student is free from threats, both mental and physical of harm inflicted by others.
- To ensure that all students are aware of the psychological damage that bullying can inflict on others.
- BISI staff should raise the awareness amongst its students that bullying, threats and violence are not acceptable in society.

### **Definition of Bullying**

Bullying is behaviour which deliberately makes another person feel uncomfortable, distressed or threatened. Bullying is repeated over time.

Bullying makes those being bullied feel powerless to defend themselves.

### **Why are we against bullying?**

'Every Child Matters'.....because:

- everyone has the right to feel welcome, secure and happy
- we should treat everyone with consideration
- if bullying happens it will be dealt with quickly and effectively
- it is important to tell someone: bullying of any kind is unacceptable at our school.

### **Types of Bullying**

- Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing)
- Physical (pushing, kicking, hitting, punching or any use of violence)
- Extortion (demanding money/goods with threats)
- Cyber (all areas of Internet, email and Internet chatroom misuse.
- Mobile threats by text messaging and calls.
- Misuse of associated technology ie: camera and video facilities including those on mobile phones.
- Racist (racial taunts, graffiti, gestures)
- Sexual (unwanted physical contact, sexually abusive comments)
- Homophobic (because of, or focusing on the issue of sexuality)
- Disability (this is one of the most dangerous forms of bullying)

### **Signs and Symptoms of Bullying**

A person may indicate by signs or behaviours that they are being bullied. Everyone should be aware of these possible signs and should investigate if the person;

- Is frightened of walking to or from school or changes route
- Doesn't want to go on the school/public bus
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school (school phobic)
- Begins to truant
- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts stammering
- Threatens or attempts suicide
- Threatens or attempts self harm
- Threatens or attempts to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Asks for money or starts stealing money

- Has dinner or other monies continually 'lost'
- Has unexplained cuts or bruises
- Comes home 'starving'
- Bullying others
- Changes in eating habits
- Is frightened to say what is wrong
- Afraid to use the Internet or mobile phone
- Nervous or jumpy when a cyber message is received
- Gives improbable excuses for their behaviour.

## **Causes of Bullying**

People bully for different reasons.

The reasons could be:

- to feel powerful
- jealousy
- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- because they are being bullied themselves
- because they see and pick on an easy target (small, won't tell anyone, lonely or different in some way).

## **Preventing Bullying**

BISI fosters a clear understanding that bullying, in any form, is not acceptable. This is done by:

- raising student awareness of bullying through assemblies, workshops, the PSHE/SEAL-GD programmes.
- reporting incidences of bullying and keep written records using Pink Slips in Upper Primary and Secondary and Incident Report Forms. Copies of Pink Slips are kept by the Year Six teachers and the Dean of Students. Incident Report Forms are kept centrally with the relevant Director, so that patterns of behaviour can be identified.
- regular praise of positive and supportive behaviour by all staff.

Any incidents are treated seriously and dealt with immediately according to the Behaviour and Discipline Policy. Suitable types of sanctions depend on the severity of the bullying. They can include temporary and permanent exclusion.

## **Why is it important to respond to bullying?**

The school recognises the importance of responding promptly and effectively to reported incidents of bullying.

## **Bullying Hurts**

Everybody has the right to be treated with respect.

Everybody has the right to feel happy and safe.

No-one deserves to be a victim of bullying.

Bullies need to learn different ways of behaving.

# RECOMMENDED PROCEDURES IN SCHOOL FOR REPORTING BULLYING

## PATHWAYS OF HELP

**Student is bullied**



**Step 1**  
Student personally approaches any member of staff or any other suitable person they feel comfortable with



**Step 2**  
Student meets with form/class teacher  
Discussion on the facts  
Suggested ways forward



**Step 3**  
Designated adult  
Discussion/Interview with all parties  
Will use: suggested and agreed actions/strategies  
Parents informed



**Step 4**  
Senior member of staff (Campus Coordinator (Pre/Primary), Dean of Student (Secondary))  
Directs to a variety of help strategies e.g.

- Mediation/counselling
- Anger management advice & self help
- Peer Mentor/Buddy support



**Step 5**  
Director and Chair of Governors and inform/seek Parental interview. Use of Behaviour Policy for the bully.

## **Support Agencies**

### **Anti-bullying Alliance**

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### **Kidscape**

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### **Bullying on line**

[www.bullying.co.uk](http://www.bullying.co.uk)

## **Useful sources of information**

### **Stonewall**

[www.stonewall.org.uk](http://www.stonewall.org.uk)

The gay equality organisation

### **Cyberbullying.org**

[www.cyberbullying.org](http://www.cyberbullying.org)

### **Chatdanger**

[www.chatdanger.com](http://www.chatdanger.com)

### **Think U Know**

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

The Child Exploitation and Online Protection Centre (CEOP)

### **Know IT All for Parents**

[www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)