



## **Anti-Bullying Policy**

### **Introduction:**

The school has adopted a zero-tolerance policy towards bullying.

### **Aims and Objectives:**

- At DPS RAK, we always treat bullying - including allegations of bullying - seriously, regardless of whether it is physical, verbal or emotional.
- We are committed to providing a safe and caring environment that is free of any form of harassment.
- Eradication of bullying is the responsibility of all stakeholders.
- Students of Determination may be more vulnerable and hence require utmost support.

### **Detecting Bullying:**

All stakeholders must watch out for the following signs in a student if he/she:

- Regularly returns home with torn clothes, damaged books or shabby belongings.
- Has unexplained cuts, bruises, and scratches.
- Has very few friends with whom he/she spends time.
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers (such as clubs).
- Has lost interest in school work or suddenly begins to fare poorly in school.
- Appears sad, moody, teary-eyed or depressed when he or she returns home.
- Complains frequently of headaches, stomach-aches or other physical ailments.
- Has trouble sleeping or complains of having frequent bad dreams.
- Experiences loss of appetite.
- Appears anxious and suffers from low self-esteem.

## **Recommendations for Students:**

If you are being bullied:

- **WALK** – If you are being bullied for the first time, walk away without saying anything.
- **TALK** – If you are being bullied for the second time, talk to the bully. Use an assertive “I” statement: “I want you to leave me alone!”
- **SQUAWK** – If the bully approaches you for the third time, tell an adult.

**If you witness an act of bullying:**

- **Don’t join in or watch the bullying.** Go get help.
- **Stop any rumours.** Don’t pass it on to others.
- **Stand up for the person.** If it feels safe, defend the person being bullied.
- **Tell an adult.** They need to know so that they can help.
- **Encourage the bullied person to talk to an adult.** Offer to go with them.
- **Offer support.** Ask if the person is okay. You can make a big difference just by showing you care.

## **Procedure for Teachers/School Administrators to Deal with Bullying:**

- Teachers support all students in their class to establish a climate of trust and respect for all.
- All forms of bullying are taken seriously and interventions are put in place to prevent incidents from taking place. Teachers maintain anecdotal records of any sign of bullying.
- The incident of bullying is reported to the Discipline Officer, Head of Phase and School Counselor.
- The parents of both, the victim and the perpetrator, are informed. The counselor helps those who bully to realise the negative impact they have on others, discuss the consequences of their behaviour, and work on developing empathy. They also help the victim to feel empowered and supported.
- If a student is repeatedly involved in bullying other students, the matter is escalated to the SLT.

**Parents' Role:**

- Teach children to amicably resolve conflicts without violence.
- Build their self-esteem and confidence to stand up for what they believe in.
- Spend quality time with children, talking about school, social events, their classmates and any concerns they have.
- Take bullying seriously. Many children are embarrassed to reveal that they have been bullied.
- If any bullying is noticed, it should be stopped immediately, no matter who the perpetrator is.
- Encourage their child to help others.
- Support anti-bullying programmes of the school.

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