



## Play your best.. On and Off

*Make sure you and everyone around you  
has a good time, on and off the pitch.*

# Play Your Part Anti Bullying

## Policy 1/2

As a Club GSFC is committed to providing a caring, friendly and safe environment for all of our members so they can participate in football in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our Club. If bullying does OCCUR, all club members or parents should be able to tell and know that incidents will be dealt with promptly and effectively. We are a TELLING club. This means that anyone who knows that bullying is happening is expected to tell the Club Welfare Officer or any committee member. This Club is committed to playing its part to teach players to treat each other with respect.

**What is Bullying?** - 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 pads, 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 the young person.

### Trolling

This is the name given to posting deliberately offensive comments on people's social media pages aimed at causing upset and distress. This type of behaviour could result in legal action.

GSFC is committed to ensure its 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.

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

All club members, coaches, officials and parents should have an understanding of what bullying is.



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# Play Your Part Anti Bullying

## Policy 2/2

### SEE IT, REPORT IT, REPORT IT...

#### **Adults should be aware of possible signs a child is being bullied:**

- Says he or she is being bullied.
- Is unwilling to attend club sessions.
- Becomes withdrawn, anxious or lacks confidence
- Feels ill before sessions.
- Arrives home with clothes torn or training equipment missing/damaged.
- Ask for money or starts to steal money.
- Unexplained cuts or bruises.
- Frightened to say what's 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
- Bullies other children or siblings
- Stops eating
- Attempts/threatens suicide or runs away

These signs/behaviours may indicate other problems, but bullying should be considered.

Report bullying incidents to: CWO, Club Secretary, Head Coach, Team Manager.

The Club will decide if it is appropriate for incidents reported to be dealt with in-house, it may be a genuine apology that solves the problem. The Club match day activities or in extreme cases cancellation of a player's membership.

In cases of serious bullying, incidents will be referred to the County FA Welfare Officer who will then instigate procedures to investigate. If necessary and appropriate the Police will be consulted.

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#### **Information Sources:**

**KIDSCAPE:** 0207 730 3300

[Kidscape.org.uk](http://Kidscape.org.uk)

**Guidance for parents and carers:**

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

[Stonewall.org.uk](http://Stonewall.org.uk)

[Bullying.co.uk](http://Bullying.co.uk)

[Guidance for young people](http://Guidance for young people)

[Youngstonewall.org.uk](http://Youngstonewall.org.uk)

[Childline.org.uk](http://Childline.org.uk)