



ANTI BULLYING POLICY

At YogaPebbles we believe that every child, young person, family, staff member or volunteer has the right to practise yoga in an environment where bullying is not tolerated and the correct procedures are in place should it occur.

Legal guidance

This policy has been drawn up on the basis of law and guidance that seeks to tackle bullying, namely:

- The Children's Act 1989 and 2004.
- The Protection from Harassment Act 1997.
- The Human Rights Act 2000.
- The Equality Act 2010.
- Working Together to Safeguard Children 2015.
- Government Guidance on Bullying 2015.
- HM Government definition.
- National Health Service definition.

We understand that:

There is no legal definition of bullying. However, it's usually defined as behaviour that is:

- Repeated;
- Intended to hurt someone either physically or emotionally;
- Often aimed at certain groups e.g. because of race, religion gender or sexual orientation;
- Is aimed at one person or a group;
- Bullying can occur either face-to-face between individuals or groups or online, using information technology such as computers or mobile phones.

Bullying can include:

- Verbal teasing;
- Excluding children from games or conversation;
- Pressuring other children not to be friends with the person who is being bullied;
- Spreading hurtful remarks or passing around inappropriate photographs, images, drawings, text messages;
- Shouting at or verbally abusing someone;
- Stealing or damaging someone's belongings;
- Making threats;
- Forcing someone to do something embarrassing, harmful or dangerous;
- Harassment on the basis of race, gender, sexuality or disability;
- Physical or sexual assault (although all sexual incidents and all but very minor physical incidents constitute abuse and must be dealt with in appropriate accordance with the child protection procedures);
- Bullying causes real distress. It can affect a person's health and development and at the extreme, can cause significant harm;
- People are often targeted by bullies, though not exclusively so, because they appear different from others;
- We all have a role to play in preventing bullying and putting a stop to bullying.

YogaPebbles will:

- Ensure the topic of bullying is tackled through discussion led activities during yoga sessions;
- Deliver sessions where the focus is on empathy and loving kindness;
- Any suspected or reported incidents are dealt with quickly and with the suspected victims confidentiality being paramount;
- Ensure that parents are fully informed of any incidents and all parties involved are dealt with fairly.

Date policy written10 April, 2018. It will be reviewed every two years by Lisa Greenough. The next review is due on: 10 April, 2020.

Signed.....L D Greenough.....

