

# Anti-Bullying Policy

The Diocese of Ferns undertakes to do all in its power to create a safe environment for children and young people and to ensure their protection from all forms of abuse including bullying.

**Bullying** can be defined as a

- Physical – pushing, shoving, kicking;
- Verbal – name calling, teasing, taunting, insulting;
- Non-verbal – intimidation, glaring;
- Emotional – threats, rumours, exclusion, extortion;
- Personal Property – threats or damage to person's property or belongings;
- E-Bullying – upsetting text messages/emails/images;
- Miscellaneous e.g. peer pressure, gender differences and family background of victims and/or bullies.

Leaders need to be aware of the distinction between *bullying* and *bossiness* or *boisterousness* and to realize that the bully always picks on someone less powerful and more vulnerable. Persistent “slagging” can have the same devastating effects as bullying and should not be ignored.

*All those in charge of children and young people must be alert for the presence of bullies in groups and take appropriate action to deal with situations which may arise.*

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