

Guidance on Anti-Bullying



Guidance on Anti-Bullying

The Diocese of Down and Connor promote values which reject bullying. This guidance aims to create safe and nurturing environments where children and young people can grow and develop.

What is Bullying?

Bullying is intentional, repeated, and aggressive behaviour (physical, verbal, or psychological) directed by an individual or group against others. It can occur at any age and in any setting and may be perpetrated by both adults and peers. Isolated incidents are not bullying unless they are systematic and ongoing. Bullying causes physical and/or emotional harm and can result in significant problems of low self-esteem, social isolation, anxiety and depression for the children and young people subjected to it.

Types of Bullying

Bullying can be:

- **Emotional/Psychological:** tormenting, excluding, extorting, intimidating.
- **Physical:** hitting, kicking, damaging property.
- **Racist:** insults based on race, nationality, religion, or ethnicity.
- **Sexual:** harassment, abusive comments, or unwanted contact.
- **Verbal:** name-calling, teasing, spreading rumours.
- **Online and Cyber bullying:** misuse of digital platforms and devices.

- **Subtle:** repeated unwelcome gestures or expressions.
- **Perpetrated by Adults:** may constitute abuse and should be treated accordingly.

Prevention

To help prevent bullying, the following strategies are suggested:

- Discuss bullying openly with children and young people.
- Encourage reporting of incidents.
- Review guidance with children, parents, and parish groups.
- Promote social responsibility, tolerance, and understanding.

Addressing Bullying

- Report all incidents to the leader or person in charge.
- Record incidents in writing.
- Involve the Parish Priest for guidance.
- Inform and meet with parents.
- Investigate and stop bullying promptly.
- Support both the victim and perpetrator.
- Contact the Designated Liaison Person for the Diocese (DLP) or the statutory services if needed.

USEFUL RESOURCES

- **SBNI Online Safety Hub**
- <https://anti-bullyingalliance.org.uk/aba-our-work>
- <https://youthworkalliance.com/index.html>
- **NSPCC/dealing with bullying**