



Bullying

Applicable to: Stoolball England Volunteer Workforce

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Lead Officer: Stoolball England Welfare Officer

Status: **CURRENT**

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APPENDIX 7

Bullying

1. It is important to recognise that in some cases of abuse, it may not always be an adult abusing a young person. It can occur that the abuser may be a young person, for example in the case of bullying. Bullying may be seen as deliberately hurtful behavior, usually repeated over a period of time, where it is difficult for those bullied to defend themselves. Nancy Duin defined bullying as repeated (*systematic*) aggressive verbal, psychological or physical conduct by an individual or group against another person or persons (Bullying, a Survival Guide, produced by BBC Education).

2. Although anyone can be the target of bullying, victims are typically shy, sensitive and perhaps anxious or insecure. Sometimes they are singled out for physical reasons - being overweight, physically small, having a disability or belonging to a different race, faith or culture.

3. Girls and boys can be bullies although it seems to be more conspicuous in boys. Although bullying often takes place in schools, research shows it can and does occur anywhere where there is inadequate supervision - on the way to and from school, at a sporting activity/event, in the playground and changing rooms.

4. Bullies come from all walks of life; they bully for a variety of different reasons and may even have been abused. Typically, bullies can have low self-esteem, be excitable, aggressive and jealous. Crucially, they have learned how to gain power over others and there is increasing evidence to suggest that this abuse of power can lead to crime.

5. The competitive nature of sport makes it an ideal environment for the bully. The bully in sport can be:
 - a parent who pushes too hard;
 - a coach who adopts a 'win-at-all costs' philosophy;
 - a young person who intimidates inappropriately;
 - a club official who places unfair pressure on a person

6. Bullying can include:

- **Physical: e.g. hitting, kicking and theft;**
- **Verbal: e.g. name-calling, constant teasing, and sarcasm, racist or homophobic taunts, threats, graffiti and gestures;**
- **Emotional: e.g. tormenting, ridiculing, humiliating and ignoring;**
- **Sexual: e.g. unwanted physical contact or abusive comments.**

7. The damage inflicted by bullying can frequently be underestimated. It can cause considerable distress to young people, to the extent that it affects their health and development or, at the extreme, causes them significant harm (including self-harm).

8. There are a number of signs that may indicate that a young person or disabled adult is being bullied:

- **behavioural changes such as reduced concentration and/or becoming withdrawn, clingy, depressed, tearful, emotionally up and down, reluctance to go to school, training or sports club;**
- **a drop off in performance at school or standard of play;**
- **physical signs such as stomach-aches, headaches, difficulty in sleeping, bed-wetting, scratching and bruising, damaged clothes, and binging for example on food, cigarettes or alcohol;**
- **a shortage of money or frequent loss of possessions**