

ANTI BULLYING POLICY

WHAT IS BULLYING?

“Bullying is defined as unwanted negative behaviour, verbal, psychological or physical conducted by an individual or group against another person (or persons) and which is repeated over time.”¹

The exception to the rule ‘repeated over time’ is where bullying is done by electronic means using ICT² equipment. Particularly by way of social media i.e. Facebook, Twitter, instant messaging or any other forum or site where you interact with others. For example, a single post or tweet could be seen as bullying due to its mass availability. **BEFORE YOU POST... THINK!**

ANTI-BULLYING PLEDGE

As a member of Asgard Swim Club it is your duty to play your part in trying to make your club a place where everyone can feel safe from bullying.

TYPES OF BULLYING

PHYSICAL: This includes punching, kicking, pushing, hitting or spitting etc. It also includes damaging property of a victim.

VERBAL: Verbal abuse can take the form of name calling, abusive language, slander, slagging, threats etc.

PSYCHOLOGICAL: This includes isolation – exclusion from discussions/ activities,

CYBER BULLYING: Using ICT equipment & Social Media outlets (e.g. Facebook, Twitter, Snapchat etc.) to abuse, tell lies, start rumours, repeat gossip and the publication of private information or images of others online.

UNDERSTANDING CYBER BULLYING

- Cyber bullying is the use of ICT equipment (usually a mobile phone and or the internet) to abuse another person.
- It can take place anywhere and involve many people.
- Anybody can be targeted including swimmers, coaches, committee members and parents.
- It can include threats, intimidation, harassment, cyber-stalking, vilification, defamation, exclusion, peer rejection, impersonation, unauthorised publication of private information or images etc.

Before you...



THINK!

T - Is it true?

H - Is it hurtful?

I - Is it illegal?

N - Is it necessary?

K - Is it kind?

¹ Department of Education & Skills ‘Anti-Bullying Procedures for Primary and Post-Primary Schools’ (Dublin: 2013)

² Information and Communication Technology e.g. internet, mobile phones or any other web enabled device.



TIPS TO PREVENT CYBER BULLYING³

- Set your profile to private
- Don't accept "friend" requests from total strangers. Facebook "friends" aren't always real friends.
- **NEVER** store any personal details online e.g. your mobile number, date of birth or home address EVEN if it's set to private
- **NEVER** share personal identifying information online to a stranger
- **NEVER** arrange to meet someone online that you don't know in real life. If you do want to become friends with someone offline make sure to tell an adult you trust before you make any arrangements to meet.
- Remember WWW stands for World Wide Web, potentially that's who could be looking at your page if you don't protect it
- **DON'T** post photos online that you don't want shared with the world
- **DON'T** use a personal photo as your avatar or profile pic
- If using chat rooms, **DON'T** use your full name, use a nickname instead
- Make sure your password is a random selection of letters and numbers – make it as difficult as possible. **NEVER** use passwords that someone can easily guess, like your name, your pet's name, date of birth etc.

IF YOU HAVE BEEN THE SUBJECT OF A CYBER BULLYING ATTACK

- Keep a record (including time and date) – this may help in finding out who is sending the messages; you can keep a screen shot of messages on your computer or save messages on your phone – keep them in a separate folder.
- Don't reply – the situation may get worse if you reply to any bullying messages. By replying the bully gets what he or she wants...a reaction. Often, if you don't reply the bully will leave you alone.
- Tell someone – please do talk to someone you trust, a parent, friend, or someone in your Club – your Club Children's Officer will always listen.
- Contact your mobile phone or internet service provider and report what is happening – they can help you block messages or calls from certain senders.
- Ask for help and support if messages are threatening or serious – if the cyber-bullying becomes threatening tell your parents and you can seek support from services in your area for example the Gardaí.
- Change your contact details – it will help to get a new user name for the internet, a new email account, a new mobile phone number and ensure you only give them out to your closest friends.

³ Information taken from the NPC Primary anti bullying leaflet – available [here](#)



ADVICE FOR SWIMMERS

- Tell yourself that you do not deserve to be bullied, and that it is WRONG.
- Be proud of who you are. It is good to be individual.
- Try not to show that you are upset. It is hard but a bully thrives on someone's fear.
- Stay with a group of friends/people. There is safety in numbers.
- Be assertive – shout NO. Walk away confidently. Go straight to your coach, parent/guardian on duty or Club Children's Officer.
- Fighting back makes things worse. Please refrain from doing so. Report all incidents to your coach, parent/guardian or Club Children's Officer. If you need support find a friend and both of you speak with you coach, parent/guardian or Club Children's Officer.
- Generally it is best to tell an adult you trust straight away. You will get immediate support.

IF YOU KNOW SOMEONE IS BEING BULLIED:

TAKE ACTION – Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own.

If you feel you cannot get involved, tell your coach, Club Children's Officer, Parent/Guardian or friend **IMMEDIATELY**. Asgard Swimming Club take all bullying offences alleged or otherwise very seriously and we will endeavour to resolve the matter as quickly as possible.

REMEMBER...

- You do not deserve to be bullied, by any method.
- No one deserves to be bullied.
- You have the right to ask for help.
- You have the responsibility to treat others fairly online.

NOTE: Our Club Children's Officer's contact information can be found [here](#)

ANTI BULLYING POLICY - DECLARATION

I PROMISE:

- To treat all members of the club with respect.
- To call fellow swimmers by their preferred name only.
- To avoid aggressive or offensive behaviour such as name-calling, giving dirty looks, sneering or isolating others.
- To refrain from telling lies, starting rumours or repeating gossip about others.
- To refrain from using ICT equipment to abuse, tell lies, start rumours or repeat gossip about others.
- Never to retaliate, but to report the incident.
- To report any incident of bullying behaviour that I may witness.
- To make new members to the club feel welcome and to be helpful to them.

I HAVE READ, UNDERSTOOD AND AGREE TO ABIDE BY THE CODE OF CONDUCT FOR YOUNG PEOPLE AND THE ANTI-BULLYING PLEDGE OF ASGARD SWIMMING CLUB

SIGNATURE OF YOUNG PERSON: _____

PLEASE PRINT NAME: _____

DATE: _____



Our club has taken part in the Swim Ireland and Sticks and Stones Anti-bullying workshop

"Brilliant" "Everyone should be here"

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