ANTI-BULLYING POLICY FOR CHILDREN & YOUNG PEOPLE

BULLYING IS

When someone's behaviour makes you feel hurt, scared or left out.

It does not matter if the person meant to do it or not, and it does not need to be repeated.



- Being teased, called names, laughed at, or threatened
- Being pushed, tripped, kicked, or having your things hidden or broken
- Being left out of games, ignored on purpose, or having people spread lies about you
- Receiving mean messages, comments, or pictures on a phone,tablet, or gaming site
- Being picked on just because of who you are, how you look, or what you like

What can I do to prevent bullying?

Avoid joining in, stop rumours, show kindness and celebrate differences. Report what you see.

What can I do if I am bullied or I see bullying?

Tell a trusted adult.
You can report bullying to Scottish Gymnastics in person or online using the QR code.
Take screenshots of anything significant on your phone.
Or you can speak to someone in confidence, like Childline.



What happens when I tell someone?

We will listen to you.
Your club safeguarding officer will give you advice and information to keep you safe and will take steps to deal with the bullying.
It will not affect your place in a team or selection for an event or a competition.

SCAN THE QR CODE TO REPORT A CONCERN

BULLYING IS NEVER OKAY

YOU SHOULD FEEL SAFE, HAPPY, INCLUDED AND SUPPORTED IN GYMNASTICS