



Anti-Bullying guidelines (including cyber bullying)

Updated: 15/06/2025

About this Policy

This policy outlines UK2Learn's commitment to providing information about bullying, cyberbullying and also E-Safety guidelines to help students understand and protect them.

Bullying Definition

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert) and can affect students from any background, nationality or age.

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Physical Bullying

Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property. Physical bullying causes both short term and long-term damage.

Verbal Bullying

Verbal bullying includes name calling, insults, teasing, intimidation, sexual or racist remarks, or verbal abuse. Verbal bullying can escalate to levels which start affecting the individual target.

Social Bullying

Social bullying, sometimes referred to as covert bullying, is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes:

- Lying and spreading rumours
- Negative facial or physical gestures, menacing or contemptuous looks
- Playing nasty jokes to embarrass and humiliate
- Mimicking unkindly
- Encouraging others to socially exclude someone
- Damaging someone's social reputation or social acceptance.

E-Policy Definition

An E-policy address the information management along with the ethical use of computers and the Internet. The role of UK2Learn is to be aware and involved in all matters relating to a student's online-safety. The internet is a fabulous resource and place for students to study, play games and make friends but it can also be a dangerous place that requires monitoring or supervision.

Examples of online dangers that we would like to make students aware of are:

Cyber Bullying

Cyber bullying can be overt or covert bullying behaviours using digital technologies, including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites

and other online platforms.

Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. Cyber bullying can include:

- Abusive or hurtful texts emails or posts, images or videos
- Deliberately excluding others online
- Nasty gossip or rumours
- Imitating others online or using their log-in

More information can be found on the National Centre Against Bullying website:

<https://www.ncab.org.au/bullying-advice/bullying-for-schools/>

Cyberbullying is a form of bullying, and research reveals it has increased to affect 12% of young people in this country:

<https://netchildrengomobile.eu/ncgm/wp-content/uploads/2013/07/NCGMUKQual-rev.pdf>

Childnet's 2016 Cyberbullying Guidance, funded by the Government Equalities Office and European Union, shows schools how to embed cyberbullying in anti-bullying work:

<https://www.childnet.com/resources/cyberbullying-guidance-for-schools>

This Guidance is designed to support staff in preventing and responding to cyberbullying. The Guidance comprises of four main sections and although this was commission for schools, it is very much relevant to guardians in supporting students who may be suffering from cyberbullying.

1) Understanding Cyberbullying

<http://www.childnet.com/ufiles/1-understanding-cyberbullying1.pdf>

2) Preventing Cyberbullying

<http://www.childnet.com/ufiles/2-preventing-cyberbullying1.pdf>

3) Responding to Cyberbullying

<http://www.childnet.com/ufiles/3-responding-to-cyberbullying1.pdf>

4) Supporting Staff

<http://www.childnet.com/ufiles/4-cyberbullying-supporting-school-staff.pdf>

If a student approaches a UK2Learn member of staff or we are notified by parents/agents that a student is a victim of any form of bullying, UK2Learn will handle the concern sensitively and speak to the individual. The school will also be involved and if necessary, the Police and Social Service if a student is under 16 years old.

Sexting

UK2Learn strongly advises that students take caution when taking photos and posting them online. Once anything is posted online, you lose control over how it is shared. UK2Learn endorses and advises all staff to read The UK Council for Child Internet Safety publication on Sexting in schools and colleges: Responding to incidents and safeguarding young people:

<https://www.gov.uk/government/publications/sharing-nudes-and-semi-nudes-advice-for-education-settings-working-with-children-and-young-people>

Everyone must be aware that it is illegal to take or share photos of anyone under the age of 18 that is deemed to be explicit. For students, we recommend watching the interactive videos, 'Think you know?': <https://www.youtube.com/watch?v=TqLFAYeYVbQ>

Other advice that helps prevent bullying, tackle bullying and support children that have been bullied can be found on the government website:
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/444862/Preventing_and_tackling_bullying_advice.pdf

<https://www.gov.uk/government/publications/preventing-and-tackling-bullying>

If you have any concerns, please contact our dedicated Designated Safeguarding Lead Alex Mackie on 07917820033 or amackie@uk2learn.com

This Policy Review

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