



**LIFEFORTE INTERNATIONAL SCHOOLS**  
**PREVENTING BULLYING AND CHILD ON CHILD ABUSE POLICY**  
**2025/2026 Session**

At Lifeforte we seek to create a caring community in which all individuals are valued, feel safe and are confident of being listened to. Our goal is to prevent abuse in any form from taking place, create an atmosphere in which it is less likely to occur and when it does occur be swift to respond to address the situation.

This policy is an integral part of the school's Behaviour Policy which is underpinned by our educational philosophy statement which stresses the importance of relating to others with knowledge, understanding and compassion.

**Our Objectives**

- To ensure all leaders, teaching and non-teaching staff, students and parents and carers have an understanding of what constitutes bullying, child on child abuse as well as their impact
- Provide a school environment where bullying and child on child abuse is not tolerated and where students feel safe to tell someone, if they are being bullied
- To have robust procedures for reporting and dealing with bullying
- Promote an anti-bullying message through the academic and pastoral curriculum and to encourage all members of the school to relate to others with knowledge, understanding and compassion at all times

**Child on Child Abuse**

Child on child abuse occurs when:

- A young person is exploited, bullied and/or harmed by their peers who are the same or similar age;
- Everyone directly involved in the abuse is under the age of 18

This can be seen in a whole spectrum of behaviours including but not limited to

- Bullying (including cyber-bullying)
- Sexual violence and harassment
- Physical abuse
- Relationship abuse
- Domestic violence
- Gender based violence
- Sexting
- Upskirting
- Initiation/hazing type violence and rituals

**Bullying**

Bullying is a form of anti-social behaviour. It is deliberate, hurtful, repeated over time and involves an imbalance of power. It encompasses any sort of physical, emotional, social or verbal intimidation by an individual or a

group. We recognise that bullying can be perpetrated or experienced by any member of the community, including adults and children (peer on peer abuse). It causes anxiety and stress and Lifeforte has a zero tolerance for this type of behaviour.

Examples:

**Physical** - An unprovoked assault on a person or group or their belongings including pushing, kicking, hitting pinching and extortion

**Emotional** - Reduction of a person's self-esteem or confidence through threatening behaviour, mocking them, taunting or teasing them about any feature of their lives which can be used to wound them

**Social** - Ostracism or rejection by a peer group

**Verbal** - Using language in a derogatory or offensive manner, such as name-calling, sarcasm, spreading rumours, persistent teasing, ignoring or not communicating

**Sexual** - Sexual violence, sexual harassment or harmful sexual behaviour, digital sharing of nudes and semi nudes

### **Cyber-bullying**

Cyber-bullying is the use of email, instant messaging, chat rooms, online gaming, mobile phones or other forms of information and communication technology to deliberately harass, threaten or intimidate someone. Cyber-bullying can happen at all times of the day, with a potentially bigger audience than other forms.

Bullying and child on child abuse have damaging short and long term effects such as unhappiness, distress, injury, reduced school performance and low self-esteem. Students who have experienced bullying often feel responsible for what has happened, adding to their feelings of helplessness and isolation

Others associated with incidents of bullying such as the student displaying bullying behaviour, school staff and families can also suffer from short and long term negative feelings and impacts such as frustration, anger and loss of self-esteem.

### **Bullying and the School Behaviour Policy**

This policy should be viewed in conjunction with the Behaviour Policy and Code of Conduct. The following statements are taken from the these two documents

#### Behaviour Policy

- i. Fostering positive relationships among all members of the school community
- ii. Every student has the right to a safe and peaceful school environment and has a corresponding responsibility to refrain from any behaviour which threatens the mental and/or physical wellbeing of other students. Harassment is illegal and will not be tolerated

#### Code of Conduct

- i. Consideration and respect for others
- ii. Students must be courteous, thoughtful and compassionate in the way they speak to or treat other people in the school community

Bullying, of any kind, infringes these statements and we have a zero tolerance towards this

## **Policy Implementation**

We acknowledge that bullying does happen, but we ensure that we take swift action to stop it and prevent it happening again. We take steps to actively support the student who has experienced bullying and support the student displaying bullying behaviour to address any issues that may be driving them to bully others.

It is the responsibility of all members of our school community – students, staff, parents, school leaders and founders – to understand the issues around bullying and to take an active role in tackling the problem. All members of the school community are responsible for reporting bullying incidents to the leadership.

The leaders with pastoral responsibility will have overall responsibility for implementing this policy. They will raise awareness of the issues around bullying to the whole school community. This will be done through:

- i. Assemblies
- ii. Anti-bullying charter
- iii. One-off events
- iv. Peer Mentoring

They will also ensure staff are provided with the necessary information and training to identify and respond to bullying. It is the responsibility of every member of staff to challenge bullying behaviour inside and outside the classroom and to support students in reporting an incident.

Students will be encouraged to be active when they observe bullying, they should:

- Not allow anyone to be deliberately left out of a group
- Not be smiling or laughing when someone is being bullied
- Promptly tell a member of staff what is happening
- Encouraging the student experiencing bullying behaviour to join in with their activities or groups
- Openly tell the student displaying bullying behaviour that they disapprove of his or her actions

## **Combating bullying**

Students are actively encouraged to report any issues of bullying to a member of staff with whom they feel comfortable. The member of staff will act swiftly and within the boundaries of safeguarding and child protection in confidence. All incidents of bullying (including incidences that take place outside of school) should be reported.

In the first instance statements are completed by all individuals involved and an evaluation will be made whether or not bullying has been taking place.

In the event of a disclosure we would seek to

- Establish a supportive and safe environment
- Praise the student for disclosing
- Appreciate the students who has experienced bullying's need for a just resolution
- Inform parents when appropriate

- Give feedback to student who has experienced bullying
- Recognise the need for using agencies as appropriate
- Bring about lasting change of behaviour in the student displaying bullying behaviour

#### Specific Procedures include

- Student discloses to member of staff or a member of staff suspects bullying. Statements from all students involved (students who is said to have experienced bullying, witnesses and student said to exhibit bullying behaviour) are taken
- In all cases of suspected bullying, the incidents will be reported to the Students Affairs Officers and then shared with relevant members of the Leadership
- Student displaying (or said to have displayed) bullying behaviour is interviewed by the member of the leadership overseeing the investigation
- Student who has experienced bullying, witnesses and any other students involved are interviewed
- Findings are disclosed to the student who has experienced bullying
- Any damaged possessions will have to be replaced by the person responsible for the damage
- The student who displayed bullying behaviour may be excluded from lessons and parents are called in for a meeting
- An attempt will be made to support the student(s) displaying bullying behaviour to change their behaviour through personalized intervention sessions and actions/sanctions will be issued by the relevant member of the leadership
- Teachers and pastoral staff have the authority to search for and if necessary delete inappropriate images (or files) on electronic devices, including mobile phones.

#### Sanctions and remedial Actions

In cases of alleged sexual abuse, this will be reported to the police and or children's social care.

Depending on the perceived seriousness of the situation one or a combination of the following will apply

- The student(s) displaying the bullying behaviour will be asked to genuinely apologise. If possible the two parties involved will be reconciled
- Withdrawal from favoured activities
- The students displaying bullying behaviour may be placed on daily or weekly report or contact
- After the incident/incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place
- In the most serious cases, a fixed term or permanent exclusion will be considered
- The student who displayed bullying behaviour may have to explain their actions to the police if an assault on another student has taken place or if malicious rumours or images have been circulated.

#### Preventing Bullying

We use the following methods to promote the anti-bullying message

1. Our school ethos of “chosen and destined for greatness” as well as educational philosophy of “relating to others with knowledge”, understanding and compassion, creates and supports an inclusive environment which promotes healthy self-confidence, a culture of mutual respect, consideration and care for others, which will be upheld by all.
2. We will promote positive relationships by showing, through our own behaviour, that it is better for everyone to respect and care for each other
3. Our Equality Policy outlines how we will promote the rights of all individuals to respect and equality through our ethos, processes and curriculum.
4. We will, on every occasion, oppose all forms of prejudice and support positive attitudes towards a fair and equal community
5. Our Behaviour Policy clearly establishes our expectations
6. Every effort will be made to ensure that sanctions imposed are fair and appropriate and that they are followed up in a way that gives respect and support to the students displaying the bullying behaviour
7. Staff will watch for signs of distress in students.
8. Students are aware of the channels they should go through to disclose incidents of bullying
9. Wellbeing surveys will be conducted to gain insight in to the wellbeing of students and incidence of bullying
10. Staff are given support and training on how to identify and respond to suspected incidences of bullying

## **Information for students**

What should you do if bullying is taking place?

- If you are being bullied or you know of someone else being bullied – TELL SOMEONE. Don't blame yourself for what has happened
- Tell any adult you trust and tell your parents
- If is urgent tell the nearest adult. If you think they are not listening TELL SOMEONE ELSE. DON'T GIVE UP. IF YOU DON'T TELL, THINGS COULD GET WORSE.
- If the person you want to tell is busy ask them when they can see you
- Walk away from any threatening situation and GET HELP.

As well as telling, you can help stop bullying by;

- ✓ Being friendly towards people you know are being bullied, including them in your discussions, games, break-times and lunchtimes
- ✓ Not laughing when someone is being bullied
- ✓ Saying out loud that you don't like what is going on
- ✓ Not joining in
- ✓ Letting an adult know if you see someone else being bullied

## **Information for Parents**

Things to look out for in a student who has experienced bullying

- Reluctance to return to school
- Possessions going missing

- Clothes or school bag torn
- Unexplained cuts and bruises
- Unexplained behaviour changes e.g. being moody, bad-tempered or tearful
- Unhappiness
- Reluctance to talk about school friends

What should you do if you think your child is being bullied?

1. Calmly talk with your child about their experience
2. Make a note of what your child says particularly who was said to be involved, how often the bullying has occurred, where it happened and what has happened
3. Reassure your child that they have done the right thing in telling you about the bullying and that there is nothing wrong with them
4. Encourage your child to report any incident of bullying to a teacher immediately
5. Make an appointment with the school for a discussion about the problems your child is experiencing
6. Do not encourage your child to hit back.

What to do if your child is bullying other children

Many children may be involved in bullying others at some time or another. Often parents are not aware that their child is involved in bullying and may find it difficult to accept that their child could be involved

1. Talk with your child. Explain that what they are doing is unacceptable and makes other children unhappy
2. Discourage other members of your family from bullying behaviour or from using aggression or force to get what they want
3. Show your child how they can join in with other children without bullying
4. Make an appointment with the school for a discussion
5. Regularly check with your child how things are going at school
6. Give your child lots of praise and encouragement when they are co-operative or kind to other people

### **ANTI-BULLYING CHARTER**

We ensure that Lifeforte is a place where all students feel safe, included and listened to

We are all kind to each other and live in love, harmony, tolerance and mutual respect for one another

We empower everyone to be themselves at Lifeforte by celebrating and valuing our differences

We have a healthy self-confidence and love of truth; we are upstanders, challenging any form of bullying and reporting it straight away

We empower anyone who is experiencing bullying to speak out and believe them when they do

We show respect to anyone involved in bullying including the person displaying bullying behaviour

I, \_\_\_\_\_ promise to uphold this anti-bullying charter

Signature: \_\_\_\_\_ Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent(s): \_\_\_\_\_

Name of Parent(s): \_\_\_\_\_

Date: \_\_\_\_\_