Rothwell Gymnastics Anti-Bullying Policy

Our antibullying policy sets out how we feel about bullying as a club, what we will do to tackle it and how we will support children and young people who experience or display bullying behaviour.

This policy has been developed with words and input from all children and young people at the club during October 2019. We have done further work with all gymnasts in the club in 2022 and 2024.

Our gym is a happy place because:

We do fun stuff, the coaches are nice, everyone is accepting of each other. We are nice to each other, there are kind people here and we make new friends. We are always around someone who cares about you and what you do, people have a good attitude and you get to learn and have fun at the same time. We work together, smile and have a positive attitude. We can work hard and get better at stuff, we might win the trophy and we can talk to people and learn new moves.

A bully is ….

A mean person who makes you feel sad. They may push or shove you, call you names, pick on you or be rude, unkind, nasty or hit you. They make fun of people, make you feel miserable physically or emotionally. They carry on doing stuff even though you don't like it. They do this over and over again. They might do this themselves or they may do it using a phone or by writing, graffiti or by taking your things, leaving you out of things or ignoring you.

We don't like bullies because:

They are not kind, they are mean, they make you feel bad about yourself, they can affect your personality and make you upset. Bullies hurt peoples' feelings and make you upset on the inside and out. They are selfish and pick on you, they don't care about your feelings and might get people to gang up on you.

What can you do if someone is sad?

We will talk to them to see what's wrong.

We will ask them if they are ok.

We will tell an adult, a coach, a welfare officer or a young leader as soon as we can.

We will try to cheer them up and include them in what we are doing.

We will keep talking to them, play with them, make them laugh and do something funny to cheer them up.

What will happen to mean people?

An adult (e.g. coach or welfare officer) will speak with the people affected by the behaviour to find out what has happened. When the adult is aware of who is involved, they will speak with all the people connected to the incident and as soon as possible talk with the people involved.

Bullying or any associated behaviour will not be tolerated in Rothwell Gymnastics and action will be taken as soon as possible.

If a person is caught in the act, they will be spoken to straight away and will be removed from the situation. They may be given time out immediately.

Depending on the severity of the situation or if it has happened before, the perpetrator (the bully) may be given a ban for a set period of time (with no refund for missed sessions).

General process for addressing any conduct or other inappropriate behaviour by any participant, coach, leader, volunteer, parent or guardian will be dealt with as per the club disciplinary procedure. There is a process of verbal (first) warning, written (second) warning then removal from the club (third connected incident or gross misconduct).

Upon return to training, all behaviour will be monitored and further breaches will be addressed without delay.

Who should you tell if you feel sad?

Always tell a grown up, a coach, a young leader, one of the club welfare officers or even a friend.

Never keep this to yourself, choose someone you trust.

Remember, we want to help because "We don't like bullies" and gym should be a happy place where you are surrounded by people who care about you.

Useful contacts:

Rothwell Gymnastics Club Welfare Officers

Helen Dixon, Lisa Groves, Pam Stevenson, Kaylee Whiteley, Adama Jobe
rothwellwelfare@outlook.com

NSPCC Helpline 0808 800 5000

Childline 0800 1111 www.childline.org.uk

Kidscape www.kidscape.org.uk

Anti-Bullying Alliance www.antibullyingalliance.org

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