



Young people in Falcon

Don't be bullied - don't be mistreated

If you're a young club member and you're feeling upset at the way you're being treated by your team mates or adults involved in your sport then there are things you can do about it.

If team mates make fun of you on the water or in the changing room, or try to upset you to put you off so that you don't want to take part in training sessions, that could be bullying.

If others repeatedly shout mock or otherwise abuse you that is bullying - hitting or abuse is always wrong. It's bullying.

What to do

- Ask your parents to contact your coach
- Keep a diary of what happens
- Ask friends on the team to back up what you say

You can talk to any of these people ↗

- Your parents
- Your coach
- The captain of your part of the club
- The club welfare officer //
- The external welfare individual Anglia Humphris by telephone at 407476

Don't be a bully

- Treat other club members with respect at all times
- Control tempers and avoid behaviour which may upset others
- Develop an appropriate relationship with others, based on mutual respect
- Never belittle
- Use correct and proper language at all times

Falcon Rowing and Canoe Club

ANTI- BULLYING POLICY

Statement of Intent

Falcon Rowing and Canoe Club is committed to providing a caring, friendly and safe environment for all of our members so they can participate in our sport in a relaxed and secure atmosphere.

Bullying of any kind is unacceptable.

If bullying does occur, all members or parents of young members may 'tell' to *tell* and know that incidents will be dealt with promptly and effectively.

We are a **TELLING** organisation.

This means that *anyone* who knows that bullying is happening is expected to tell the club welfare officer or any committee member.

Please note: This policy firstly refers to bullying of children and young people but also includes adults.

What Is Bullying?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

Bullying can include:

- Physical pushing, kicking, hitting, punching or any use of violence and theft
- Verbal name calling, constant teasing, sarcasm, racial or homophobic taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments
- Emotional tormenting, ridiculing, humiliating and ignoring
- Cyber bullying; all areas of the internet, such as email, social media and internet chat room misuse. Mobile phone threats by text message, calls, photos and video.

Why is it important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everyone has the right to be treated with respect. Paddlers who are bullying need to learn different ways of behaving.

Objectives of this Policy and the role of all adult members

- All committee members, coaches, volunteers and parents should have an understanding of what bullying is.
- All committee members, coaches, volunteers should know what the club/ centre policy is on bullying, and follow it when bullying is reported.
- All junior paddlers and parents should know what the club/ centre policy is on bullying, and what they should do if bullying arises.
- As an organisation we take bullying seriously. Junior paddlers and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

Everyone should be treated with respect and should give respect to others

Club Welfare Officer

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Tel :

Email:

For immediate confidential advice (24hr Helplines) contact:

NSPCC 0808 800 5000 www.nspcc.org.uk

Childline 0800 1111 www.childline.org.uk