



Anti Bullying Policy

Welcome to the Full Fitness Training Limited Anti Bullying notice.

Full Fitness strives to ensure that all children (anyone under 18) and adults at risk are safeguarded from abuse and have an enjoyable experience with us.

Bullying is defined as a range of abusive behaviour that is repeated and intended to hurt someone either physically or emotionally.

This document sets out how to help prevent bullying from happening to all children and adults at risk. It also sets out how to make sure bullying is stopped as soon as possible if it does happen and that those involved receive the support they need. It also provides information to all staff, volunteers, children and their families about what should be done to prevent and deal with bullying.

This policy applies to all staff, trainers, volunteers and other adults associated with Full Fitness.

We recognise that:

Bullying causes real distress. It can affect a person's health and development and, at the extreme, can cause significant harm

All children and adults at risk, regardless of age, disability, gender reassignment, race, religion or belief, sex or sexual orientation, have the right to equal protection from all types of harm or abuse

Everyone has a role to play in preventing all forms of bullying (including online) and putting a stop to bullying.

We will seek to keep children and adults at risk safe by:

Recognising that bullying is closely related to how we respect and recognise the value of diversity

Recognising our duty of care and responsibility towards safeguarding

Promoting and implement this anti-bullying policy in addition to our safe guarding policy and procedures

Ensuring that bullying behaviour is not tolerated or condoned

Taking action to respond and deal with any reports of bullying towards children

Encouraging children to play apart in developing and adopting appropriate behaviours

Making sure our response to incidents of bullying takes into account:

The needs of the person being bullied

The needs of the person displaying bullying behaviour

The needs of others who may be affected

Participants, parents, trainers, volunteers and other members of staff will:

Encourage individuals to speak out about bullying behaviour and report incidents of bullying behaviour they see to the Welfare Officer (or suitable alternative e.g. venue's Welfare Officer)

Respect every child's need for, and right to, a play environment where safety, security, praise, recognition and opportunity for taking responsibility are available

Respect the feelings and views of others

Recognise that everyone is important and equal, and that our differences make each of us special and worthy of being valued

Show appreciation of others by acknowledging individual qualities, contributions and progress

Ensure safety by having rules and practices carefully explained and displayed for all to see

Supporting children

We'll let children know who will listen to and support them

We'll create an "open door" ethos where children feel confident to talk to an adult about bullying behaviour

Potential barriers to talking (including those associated with a child's disability or impairment) will be acknowledged and addressed at the outset to enable children to speak out

Anyone who reports an incident of bullying will be listened to carefully and reports will be taken seriously

Any reported experience of bullying behaviour will be investigated and will involve listening carefully to all those involved

Children experiencing bullying behaviour will be supported and helped to uphold their right to play and live in a safe environment

Those who display bullying behaviour will be supported and encouraged to develop better relationships

We'll make sure that any sanctions are proportionate and fair

Support to the parents/carers

Any experience of bullying behaviour will be discussed with the child's parents or carers

Parents will be consulted on action to be taken (for both victim and bully)•Information and advice on coping with bullying will be made available

Support will be offered to parents, including information from other agencies or support lines

Useful contacts

Full Fitness Welfare Officer – Sophie Kennerley - contact@full-fitness.co.uk

NSPCC Helpline 0808 800 5000

Childline 0800 1111 / www.childline.org.uk

Kidscape www.kidscape.org.uk

Anti-Bullying Alliance www.antibullyingalliance.org T

This Policy is reviewed every two years (or earlier if there is a change in national legislation).

Full Fitness Board of Directors: Matt Taylor - Date: 26/01/24

Full Fitness Welfare Officer: Sophie Kennerley - Date: 26/01/24