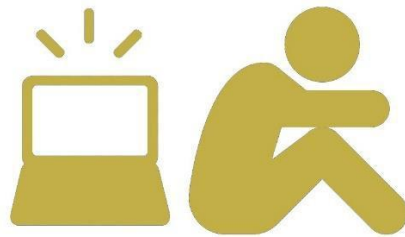




PRESTIGE
GUARDIANS



ANTI-BULLYING and E-SAFETY GUIDELINES

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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).

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.



Role of Prestige Guardians in e-policy: As Prestige Guardians are acting in loco parentis, it is our duty to be aware and involved in all matters relating to a student's online-safety.

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

<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.

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

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 Prestige Guardians member of staff or we are notified by parents/agents that a student is a victim of cyberbullying, Prestige Guardians 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

Prestige Guardians strongly advises that students take caution when taking photos and posting them online. Once posted, you lose control over how they are shared.

Prestige Guardians 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/uploads/system/uploads/attachment_data/file/609874/6_2939_S_P_NCA_Sexting_In_Schools_FINAL_Update_Jan17.pdf

Remember, it is illegal to take or share photos of anyone under the age of 18 that is deemed to be explicit.

Online abuse

The NSPCC define online abuse as any type of abuse that happens on the internet, whether through social networks, playing online games or using mobile phones. Children and young people may experience cyberbullying (bullying that takes place using technology including social media sites, mobile phones, gaming sites), grooming (building an emotional connection with a child to gain their

trust for the purposes of sexual abuse, sexual exploitation or trafficking), sexual abuse, 'sexting' or youth produced imagery, sexual exploitation or emotional abuse from people they know as well as from strangers.

- Possible signs of online abuse

Possible signs of a child experiencing abuse online if they demonstrate a change in behaviour or unusual behaviour:

- Being upset after using the internet or their mobile phone.
- Unwilling to talk or secretive about their online activities and mobile phone use.
- Spending much more or much less time texting, gaming or using social media.
- Many new phone numbers, texts or e-mail addresses appear on their mobile phone, laptop or tablet. After texting or being online they may seem withdrawn, upset or angry.
- Not wanting to go to school and/or avoiding meeting friends.
- Avoiding formerly enjoyed social situations.
- Difficulty sleeping.
- Low self-esteem.

We encourage all Prestige Guardians staff to look at the NSPCC Keeping Children Safe online resources which offers expert advice and strategies to help our students navigate the internet safely.

www.nspcc.org.uk/keeping-children-safe/online-safety



If you have any concerns please contact our dedicated Designated Safeguarding Leads:

- DSL: Leonor Liz-Losada – mail@prestige-guardians.co.uk or 07551 081009
- DDSL: Mark Stricklin – mail@prestige-guardians.co.uk or 07715 123299

Students should also be aware of the Student Handbook (<https://www.prestige-guardians.co.uk/policies-2/>)

**This Policy was written on 15 September 2022 by Mr Alan MacRae.
It has been reviewed on 21 January 2026 and annually thereafter.**