Principles and Values

Limitless Training Club takes bullying and its impact seriously. The Limitless team, members, attendees, and parents should be assured that known incident of bullying will be responded to. **Bullying will not be tolerated.**

Limitless Training Club will seek ways to counter the effects of bullying that may occur within the Club or relating to Club members, attendees, or the Limitless team. Limitless Training Clubâ??s ethos foster high expectations of good behaviour and we will challenge any behaviour that falls below this.

This policy outlines our commitment to promoting anti-bullying and good behaviour within the school community, ensuring that all members are treated fairly, compassionately and supported to reach their full potential.

Objectives of this Policy

The Limitless team, members, attendees, and parents should understand what bullying is.

The Limitless team should know what Limitless Training Clubâ??s policy is on bullying and follow it when bullying is reported.

Members, attendees, and parents should know what Limitless Training Clubâ??s policy is on bullying and what they should do if bullying arises.

All of us have encountered bullying at some point in our lives, but we all deal with it differently. The aim of this policy is to work together to ensure that Limitless Training Club is a safe place for children and adults to be.

Definition of Bullying

Bullying is unacceptable behaviour used by an individual or group, usually repeated over time, that intentionally hurts another individual or group, either physically or emotionally. There is often a power imbalance that makes it hard for the victim to prevent or deal with the perpetratorâ??s actions.

The damage inflicted by bullying can frequently be underestimated. It can cause considerable distress to young people, or the person being bullied.

Bullying can affect a victimâ??s health, development or, at the extreme, causes them significant harm (including self-harm).

Bullying can be short term or continuous over long periods of time.

Bullying can be:

1. Emotional: being unfriendly, excluding, tormenting (e.g. hiding possessions, threatening gestures).
2. Physical: pushing, kicking, biting, hitting, slapping, punching or any use of violence.
3. Racial: racial taunts, graffiti, gestures.
4. Sexual: unwanted physical contact or sexually abusive comments.
5. Homophobic because of or focusing on the issue of sexuality.
6. Transphobic because of or focusing on the issue of gender.
7. Direct or indirect verbal: name calling, sarcasm, spreading rumours, teasing, cyberbullying (social media, email and chat misuse) mobile threats by text messaging and calls, misuse of technology (i.e. camera and video facilities).

Bullying may be related to:

- Race
- Gender
- Religion
- Culture
- Ability
- Special Educational Needs or disability
- Appearance or health conditions
- Home circumstances
- Sexual orientation
- Sexism or sexual bullying