

ANTI BULLYING POLICY

MADRASSA FAIZUL ISLAM WITTON MASJID

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“O you who have believed, let not a people ridicule [another] people; perhaps they may be better than them; nor let women ridicule [other] women; perhaps they may be better than them. And do not insult one another and do not call each other by [offensive] nicknames. Wretched is the name of disobedience after [one’s] faith. And whoever does not repent – then it is those who are the wrongdoers.” [49:11]

Surah Al-Hujurat, Verse 11.

Islamic Outlook on Bullying

How the word Bully evolved?

The word "**bully**" does not mean the same when it was coined. It was to show love or endorsement but the connotations has tragically changed into negative since 17c. The world of social media has given immense authority of bullying not only celebrities but a common man too and it seems like people have got the license to use their freedom of speech yet disturbing the other person's freedom.

The effects can range to not only mental illness but to severe attempts like suicide. We all may know a person in our circle who is bullied, and sometimes even your closer friends let you down. But a religious person would hardly suffer from bullying as he is closer to Allah and knows the way out.

Allah also says in Quran in Surah Al-Hujurat, verse 11:

"O you who have believed, let not a people ridicule [another] people; perhaps they may be better than them; nor let women ridicule [other] women; perhaps they may be better than them. And do not insult one another and do not call each other by [offensive] nicknames. Wretched is the name of disobedience after [one's] faith. And whoever does not repent – then it is those who are the wrongdoers." [49:11]

Social bullying

The concept of social bullying is a type of emotionally aggressive bullying behaviour, also called indirect aggression, relational aggression or hidden bullying. This is a form of bullying which can be harder to spot as it can occur behind the back of the victim, or it can take the form of public embarrassment. Islam plays an important role in preventing this type of bullying, in addition to lowering one's propensity to engage in cyber bullying circles.

What Quran and Hadith say on Social Bullying?

Islam provides simple guidance on human social contact and relationships. This general parameter is known Daruriyyat al Khamsah which requires each individual Muslim to protect his (deen), existence (nafs), purpose or intellect (Aql), lineage (Nasl) and property (Mal).

As Allah has mentioned to protect these rights and self-respect of each Muslim in Surah Al-Araf, verse 33:

Say, "My Lord has only forbidden immoralities - what is apparent of them and what is concealed - and sin, and oppression without right, and that you associate with Allah that for which He has not sent down authority, and that you say about Allah that which you do not know." [7:33]

Protecting these values would bring peace to human society including harmony between individuals, communities and the broader community. Any acts of perturbing the right of others through text, or texts, are also prohibited. Our beloved Prophet Mohammad (P.B.U.H) also said,

"The Muslim is one from whose tongue and hand other Muslims are safe. The emigrant is one who abandons those things God has prohibited" (Al-Bukhari).

Bullying and mental health

There are people who are safe and who respect others' dignity so much so that other Muslims can unquestionably or suspiciously turn their backs on them. With no fear they may entrust these people and that person would be absolutely free from either the hand or tongue of the Muslims. Thus, when bullying occurs then it affects another person's mental health in so many aspects. A victim is more likely to develop social fear, anxiety, and the person's self-esteem can be lowered.

Nafs al-Ammara

And then when our emotional needs are wrongly met, the nafs al-ammara starts influencing our emotions, thoughts and behaviours. If it is in power, our thoughts are obscured leading us to take things too seriously, see everything in a negative light as well as believe situations cannot be changed for the greater good. These are the adverse effects of bullying on mental health.

Islam is the religion of humanity and it highly protects the rights and self-respect of humans. This is why Allah has highly emphasized on the behaviour of humans with other humans.

Principles and Values.

Madrassa Faizul Islam Witton Masjid (MFI) fosters high expectations of outstanding behaviour and we will consistently challenge any behaviour that falls below this.

This Policy defines MFI commitment to tackle bullying and the steps taken to ensure its eradication.. MFI aims to provide an open, safe, secure environment for all children free from bullying. MFI takes bullying and its impact seriously and we will take active measures to counter it. This will include raising awareness, challenging the parameters of what is acceptable behaviour and ensuring that parents and children are made aware that bullying and people that bully will not be accepted. Pupils and parents should be assured that known incidents of bullying will be responded to.

Anti-Bullying Policy of Madrassa Faizul Islam.

What is bullying?

Bullying can be defined as deliberately hurtful behaviours, usually repeated over time, where it is difficult for those who are bullied to defend themselves. Bullying is also deliberate behaviour which threatens or frightens someone else. There is no place for it at this MFI and it is responsibility of everyone in our community to help to create an atmosphere in which it is totally unacceptable. Individual differences, which are often the focus for bullying, should be understood, accepted and appreciated, so that everyone feels valued and respected.

As a Madrassa community, staff, parents and pupils, we agree that bullying is a type of repeated anti-social behaviour, which will not be tolerated.

The four main types of bullying are:

- a) Physical – A child can be physically kicking, hitting, theft etc.
- b) Verbal – A child can be teased, called names, racist remarks, against gender, ethnic origin, physical/social personality.
- c) Emotional – Excluding and isolating an individual child simply by being excluded from social acceptance discussions, activities etc. with those they believe to be their friends.
- d) Cyberbullying (threatening, tease, embarrassment, using technology).

All adults need to be aware that bullying can take place anywhere. This includes the classroom, play space, toilets, on the way to Madrassa and cyberspace. It can take place individually, in groups and between families.

Importance of tackling bullying.

The teachings of Islam encourage anti-bullying behaviours. Hurtful behaviour of all kinds is discouraged. There is much harm which can result from bullying and can potentially damage the wellbeing of individuals. Everyone has the right to be treated with respect.

What do we do to discourage bullying behaviour?

- a) Work with parents, pupils and other staff and adults to support and report any bullying of any kind.
- b) Ensure that all pupils recognise that bullying of any sort will not be tolerated.
- c) Encourage pupils to follow the Madrassa rules and to be actively involved in creating their own class rules.
- d) We will follow our Behaviour Management policy where it related to bullying.
- e) Encourage friendship pairs/groups to support isolated pupils e.g. circle of friends and listening partners.
- f) Use materials and resources, which promote the individual regardless of gender, ethnic origin, disability etc.
- g) Reassure victims that they are not to blame and recognise their distress.
- h) Monitor and review the policy.
- i) Recording of bullying incidents – when an incident of bullying has taken place, we will record and report each incident. In the case of racist bullying, this must be reported to the principal.

What can you do if you are being bullied?

- a) Speak to a teacher or another child IMMEDIATELY.
- b) Tell your parents or an adult you can trust.
- c) If you see someone getting bullied report it at once, it can be dealt with in confidence without you getting into trouble.

Records will be kept and monitored, of the frequency of incidents and parents will be informed.

Trustee Acceptance Form

As a Trustee of Madrassa Faizul Islam Witton Masjid, I have read and approve the Anti Bullying Policy, Version 1 as published on 10th January 2021.

Trustee Name	Signature	Date

Document Control

Version	Date	Notes
Version 1.0	10th January 21	
Version 1.1	17 th June 21	Revised