



# **The Thomas Adams School & Sixth Form**

## **Anti-Bullying Policy (including cyberbullying)**

Updated April 2020

Reviewed by Governors

Date of next review: July 2023

Review Cycle: Every 3 years

## **Statement of Intent.**

In order for all students to learn our values of Respect, Resilience and Success whilst reaching their full potential, the Thomas Adams School is committed to providing a caring, friendly and safe environment.

Therefore, bullying of any kind is unacceptable at Thomas Adams. If bullying does occur, all students should feel able to tell staff and should be confident that incidents will be dealt with promptly and effectively. All staff have a responsibility to take any suspicion or disclosure of bullying seriously, no matter what the details or provenance, and should respond immediately. Everyone has the right to be treated with respect and people who bully need to learn different ways of behaving.

This policy is based on DfE guidance "Preventing and Tackling Bullying" July 2017 and supporting documents. It also considers the DfE statutory guidance "Keeping Children Safe in Education" 2019 and 'Sexual violence and sexual harassment between children in schools and colleges' guidance. It also takes into consideration Childnet's "Cyberbullying: Understand, Prevent and Respond: Guidance for Schools".

## **Objectives of this Policy.**

- All governors, teaching and non-teaching staff should have an understanding of what bullying is.
- All governors, teaching and non-teaching staff should know what our policy on bullying is and should follow it when bullying is reported.
- All students and their parents/carers should know what the policy is on bullying and what they should do if bullying arises.
- All students and their parents/carers should be assured that we take bullying seriously and that they will be supported when bullying is reported.
- All students here feel able to tell a member of staff when they have experienced or seen bullying, knowing that the actions taken will not only be prompt but sensitive to their concerns.
- All outside agencies, such as the police, social services and health professionals are consulted and their help enlisted where and when appropriate.

## **What is Bullying?**

Bullying can be defined as "*behaviour by an individual or a group, **repeated over time** that intentionally hurts another individual either physically or emotionally*". (DfE "Preventing and Tackling Bullying", July 2017) Bullying is not a 'one-off' incident, it is **persistent over time** and can take many forms:

- **Emotional:** Being unfriendly, excluding from peer groups, and tormenting i.e. hiding possessions.
- **Physical:** Pushing, kicking, hitting, other kinds of violence.
- **Racist:** Racial; taunts, graffiti, gestures, name calling.
- **Sexual:** Sexual harassment (unwanted physical contact), sexual abuse/demeaning comments.
- **Homophobic:** Because of or focussing on the issue of sexuality.
- **Verbal:** Name calling, sarcasm, spreading rumours, teasing, threatening, intimidating.

- **Non-Verbal:** Staring someone out, laughing at someone as a group.
- **Cyber:** All inappropriate use of the internet or other forms of communication technology i.e. phones to send threatening messages, spread rumours, name call etc.

## **What are the symptoms of Bullying?**

Staff and parents should be aware of the following behaviours as they may signify when a child is possibly the victim of a bully. Symptoms may be:

- Frightened to walk to and from school.
- Does not want to use school transport.
- Begs to be driven to school.
- Changes the usual route to school.
- Is unwilling to go to school (school phobic).
- Begins to truant.
- Frequently complaining of being unwell both at home and at school.
- Becomes isolated and withdrawn.
- Begins to do poorly in school work.
- Has clothing and belongings that get damaged or go missing.
- Has physical bruising or other evidence of assault.
- Has dinner and other monies that are frequently 'lost'.
- Refuses to attend particular lessons.
- Hangs round a particular teacher or stays in the classroom at breaks and after school.
- Becomes aggressive or unreasonable.
- Stops eating.
- Runs away or threatens self-harm.
- Gives improbable excuses for any of the above.

These signs and behaviours could have other causes, but bullying should be considered a possibility and should be investigated.

## **Dealing with Bullying:**

### **1. Prevention and Education.**

The Thomas Adams School community recognises that all forms of bullying, especially if left unaddressed, can have a devastating effect on individuals; it can create a barrier to learning and have serious consequences for mental wellbeing. By effectively preventing and tackling bullying, our school can help to create a safe and disciplined environment, where pupils are able to learn and fulfil their potential.

The following strategies are in place to ensure that the correct ethos towards bullying is established and that students are prepared and can act confidently should bullying occur.

Our School Community:

- Monitors and reviews our anti-bullying policy and practice on a regular basis.
- Ensures all staff are aware of how to deal with bullying or suspicions of bullying. Specific training forms part of new staff induction.
- Supports staff to promote positive relationships to help prevent bullying.

- Recognises that some members of our community may be more vulnerable to bullying and its impact than others; this may include children with SEND. Being aware of this will help us to develop effective strategies to prevent bullying from happening and provide appropriate support, if required.
- Will intervene by identifying and tackling bullying behaviour appropriately and promptly.
- Ensures our pupils are aware that bullying concerns will be dealt with sensitively and effectively; that everyone should feel safe to learn and abide by the anti-bullying policy.
- Supports students to speak out about bullying that they have either witnessed or been subjected to.
- Requires all members of the community to work with the school to uphold the anti-bullying policy.
- Recognises the potential impact of bullying on the wider family of those affected so will work in partnership with parents/carers regarding all reported bullying concerns and will seek to keep them informed at all stages.
- Will deal promptly with grievances regarding the school response to bullying in line with our complaints policy.
- Seeks to learn from good anti-bullying practice elsewhere.
- Utilises support from the Local Authority and other relevant organisations when appropriate.
- Includes a PSHE programme with opportunities for students to discuss bullying and the bully, exploring feelings and attitudes.
- Asks teachers to be aware of potential difficulties between students and take them into consideration when creating seating plans and in general classroom management.
- Asks staff on duty and lunchtime supervisors regularly to patrol areas of the site where bullying might go on undetected.
- Provides 'quiet' areas at breaks and lunchtimes, so that nervous or vulnerable students can go somewhere they feel safe.
- Has an induction programme for students, supports vulnerable students and helps them to settle in.

## **2. What Parents Should Do.**

All parents should be made aware of the school's policy when their child joins the school and be reminded at appropriate times. In addition, parents should be reminded through school communications that if they think their child is being bullied they should:

- Reassure the child. It is not their fault and the matter will be dealt with sensitively. The child has done the correct thing in reporting the issue.
- Contact the child's Head of Year or the Pastoral Team.

## **3. What Students Should Do.**

Students should be regularly reminded that the school will not tolerate bullying and that if it occurs they should:

- Tell someone immediately, at home or at school, even if they are not personally being bullied but have seen it with others.
- Use 'safe' areas in the school during break and lunch times until the matter comes to the attention of an adult.

## **4 What School Staff Should Do.**

- If a student discloses bullying to a member of staff, they should deal with the matter immediately. The child may have worried over their problem for some time and will want it to be dealt with quickly.
- Staff should take all disclosures seriously, even if, as adults, they do not think the incidents described are 'real' bullying or very serious. Staff should remember that children have a very different perception of what may or may not be serious. All disclosures should be recorded and passed on to the Head of Year or Pastoral Team.
- Staff should be aware that insensitive handling of a bullying incident might result in more, not less, difficulty for the victim. If staff are unsure how to proceed they should always take advice.

The following steps may then be taken when dealing with all incidents of bullying reported to the school:

- If bullying is suspected or reported, the incident will be dealt with immediately by the member of staff who has been approached or witnessed the concern.
- The school will provide appropriate support for the person being bullied – making sure they are not at risk of immediate harm and will involve them in any decision making, as appropriate.
- An appropriate member of staff will interview all parties involved.
- The DSL will be informed of all bullying issues where there are safeguarding concerns.
- The school will speak with and inform other staff members, where appropriate.
- The school will ensure parents/carers are kept informed about the concern and action taken, although specific sanctions of perpetrators will not be discussed with the victim or their parents/carers.
- Sanctions, as identified within the school behaviour policy, and support will be implemented.
- If necessary, other agencies may be consulted or involved, such as the police, if a criminal offence has been committed, or other local services including Early Help or Children's Social Care, if a child is felt to be at risk of significant harm.
- Where the bullying of or by pupils takes place off school site or outside of normal school hours (including cyberbullying), the school will take reasonable steps to investigate the concern. If required, staff will collaborate with other schools. Appropriate action will be taken, including providing support and implementing sanctions in school in accordance with this policy and the school's behaviour policy.
- A clear and precise account of bullying incidents will be recorded by the school on SIMS, in accordance with existing procedures. This will include recording appropriate details regarding decisions and action taken.
- Hate Related Incident Reports will be completed and sent to the Local Authority where appropriate.

## **Supporting pupils**

Pupils who have been bullied will be supported in a range of ways, including:

- Reassuring the pupil and providing pastoral support.
- Offering an immediate opportunity to discuss the experience with a member of staff they feel comfortable with.

- Being advised to keep a record of the bullying as evidence and discuss how to respond to concerns and build resilience as appropriate.
- Working towards restoring self-esteem and confidence.
- Providing ongoing support; this may include: working and speaking with staff, offering formal counselling or mentoring; engaging with parents and carers.
- Where necessary, working with the wider community and local/national organisations to provide further or specialist advice and guidance; this could include support through Early Help or Specialist Children's Services, or support through the Children and Young People's Mental Health Service.

Pupils who have perpetrated bullying will be helped by:

- Discussing what happened, establishing the concern and the need to change.
- Informing parents/carers to help change the attitude and behaviour of the child.
- Providing appropriate education and support regarding their behaviour or actions.
- If online, requesting that content be removed and reporting accounts/content to service provider.
- Sanctioning, in line with school's Behaviour Policy; this may include official warnings, detentions, removal of privileges (including online access when encountering cyberbullying concerns), internal exclusions and external exclusions.
- Where necessary, working with the wider community and local/national organisations to provide further or specialist advice and guidance; this may include involvement from the Police or referrals to Early Help, Specialist Children's Services, or the Children and Young People's Mental Health Service (Bee-U).

## **Supporting adults**

Our school takes measures to prevent and tackle bullying among pupils; however, it is equally important to recognise that bullying of adults, including staff and parents, whether by pupils, parents or other staff members, is unacceptable.

Adults who have been bullied or affected will be supported by:

- Offering an immediate opportunity to discuss the concern with the Designated Safeguarding Lead, a senior member of staff and/or the Headteacher.
- Advising them to keep a record of the bullying as evidence, and discuss how to respond to concerns and build resilience, as appropriate.
- Where the bullying takes place off school site or outside of normal school hours (including online), the school will still investigate the concern and ensure that appropriate action is taken in accordance with the school's Behaviour Policy.
- Reporting offensive or upsetting content and/or accounts to the service provider, where the bullying has occurred online.
- Reassuring and offering appropriate support.
- Working with the wider community and local/national organisations to provide further or specialist advice and guidance.

Adults who have perpetrated the bullying will be helped by:

- Discussing what happened with a senior member of staff and/or the Headteacher to establish the concern.
- Establishing whether a legitimate grievance or concern has been raised and signposting to the school's official complaints procedures.
- If online, requesting that content be removed.
- Instigating disciplinary, civil or legal action as appropriate or required.

## **Cyberbullying**

At Thomas Adams School, cyberbullying will be treated as seriously as any other form of bullying and will be dealt with accordingly.

When responding to cyberbullying concerns, the school will:

- Act as soon as an incident has been reported or identified.
- Provide appropriate support for the person who has been cyberbullied and work with the person who has carried out the bullying to ensure that it does not happen again.
- Encourage the person being bullied to keep any evidence (screenshots) of the bullying activity to assist any investigation.
- Take all available steps where possible to identify the person responsible. This may include: looking at use of the school systems; identifying and interviewing possible witnesses; contacting the service provider and the police if necessary
- Work with the individuals and online service providers to prevent the incident from spreading and assist in removing offensive or upsetting material from circulation. This may include: Supporting reports to a service provider to remove content if those involved are unable to be identified or if those involved refuse to or are unable to delete content; confiscating and searching pupils' electronic devices, such as mobile phones, in accordance with the law and the search and confiscation section of the school's Behaviour Policy; requesting the deletion of locally-held content and content posted online if they contravene school behavioural policies; advising those targeted not to retaliate or reply; providing advice on blocking or removing people from contact lists; helping those involved to think carefully about what private information they may have in the public domain.
- Ensure that sanctions are applied to the person responsible for the cyberbullying; the school will take steps to change the attitude and behaviour of the perpetrator, as well as ensuring access to any additional help that they may need.
- Inform the police if a criminal offence has been committed.

### **a) Pupils**

- Pupils are encouraged to keep their passwords secret and protect access to their accounts.
- Pupils should access sites agreed with their teacher and which they require for their studies.
- Pupils are forbidden to ask members of staff to be their "friends" on social networking sites.
- Any bullying of fellow pupils or staff members online is a serious matter and the school will do its best to guide and support victims of cyber bullying, whilst also punishing offenders where necessary. Parents will always be informed.

## **b) Staff**

- Staff should never retaliate or personally engage with, cyber bullying incidents. They should report incidents appropriately and seek support.
- Staff should keep any records of the abuse – text, emails, voice mail, web site or instant message. Do not delete texts or emails. Take screen prints of messages or web pages, and be careful to record the time, date and address of the site.
- Staff should inform the appropriate person (for example, Head of Year) or a member of Senior Leadership Team at the earliest opportunity.
- Where the perpetrator is known to be a current pupil or co-worker, the majority of cases will be dealt with most effectively by the school's own mediation and disciplinary procedures.
- Although the technology seemingly allows anonymity, there are ways to find out information about where bullying originated. However, it is important to be aware that this may not necessarily lead to an identifiable individual. For instance, if another person's phone or school network has been used, locating where the information was originally sent from will not, by itself, determine who the bully is. There have been cases of people using another individual's phone or hacking into their IM or school email account to send harmful messages.
- If a potential criminal offence has been committed and the school is not able to identify the perpetrator, the police may issue a RIPA (Regulation of Investigatory Powers Act 2000) request to a service provider, enabling them to disclose the data about a message or the person sending a message.
- Monitoring and confiscation must be appropriate and proportionate. Parents, employees and learners should be made aware in advance of any monitoring (for example, of email or internet use) or the circumstances under which confiscation might take place.
- A member of the Senior Leadership Team should contact the police where it appears that a law has been broken – for example, where death threats, assault, or other racially motivated criminal offences are involved. Where a potential criminal offence has been identified, the school should ensure that any internal investigation does not interfere with police enquiries. School staff are of course able to report incidents directly to the police.
- Any cyber bullying incidents where pupils have made unfounded, malicious claims against staff members will be taken seriously and investigated thoroughly.

## **Cyberbullying Advice for Parents**

Many young people say that they would not report cyber bullying because most adults do not know that they have a cyber-life - and if they report, then the technology will be taken away from them.

They are also likely to take the position that their online activities are their business. But parents have a moral, as well as a legal, responsibility to ensure that their children engage in safe and responsible behaviour – including online behaviour.

## **So what can parents do?**

- **Get involved and be aware**
  - Learn everything you can about information and communication technologies and how your child is using them. Talk to them about the places they go online and the activities that they are involved in.

- Encourage your child to come to you if anybody says or does something that makes them feel uncomfortable or threatened. Stay calm and keep the lines of communication and trust open. If you “freak out” they will not turn to you for help when they need it.
- **Take action if your son or daughter is being bullied online**
  - Watch out for signs that your child is being bullied online – a reluctance to use the computer or go to school may be an indication.
  - If the bullying is coming from a pupil at the same school, meet with school representatives and ask for help in resolving the situation.
  - Report any incident of online harassment and physical threats to your local police and your Internet Service Provider (ISP).
  - If your child is bullied through a mobile phone, report the problem to your phone service provider. If it is a persistent problem, you can change the phone number.
- **Encourage your child to develop their own moral code so they will choose to behave ethically with the technologies**
  - Talk to them about responsible use. Teach them to never post or say anything that they would not want the whole world - including you - to see or read.
  - Work with them to create a contract or agreement with clear rules about ethical behaviour.

### **10 tips to help parents prevent cyber bullying**

1. **Talk to the school.** If the cyber bullying in question is coming from a classmate, contact school officials immediately so that the anti-bullying policy can be followed.
2. **Tell your child not to open or read emails that they suspect are from cyber bullies.** In the case of the Internet and Cyber bullying, what you can't read won't hurt you. Teach them to move suspicious emails into the 'Trash' folder.
3. **Take advantage of the technology.** Bullies who use chat rooms as a means for spreading hate can easily be blocked using most chat programmes. Sit down and take the time to show your children how they can filter out people from their conversations.
4. **Tell children NEVER to agree to meet someone they meet online.** The Internet is filled with individuals who have bad intentions. Even those people who may seem trustworthy in their online persona may turn out to be a cyber-bully or even a predator. Teach your children the importance of staying safe online.
5. **Supervise your child's online time.** One of the most fool proof methods for stopping Cyber bullying is to monitor closely what your children do online. Tips for this method include removing computers with an Internet connection from the child's bedroom and designating specific “family hours” for Internet use.
6. **Tell your kids to never share their passwords or personal information with anyone.** Friends and acquaintances of your children can wield a great deal of power if they know the passwords to their favourite sites and chat rooms. One of the fastest-growing types of cyber bullying is stealing someone's identity and making embarrassing or damaging statements in that person's name.
7. **Monitor the use of your child's photo online.** Many cyber bullies will take your child's photo and manipulate it in ways that are damaging or embarrassing. Be very careful about the images your child presents online.
8. **Watch out for the warning signs** young people who are being cyber bullied may not want to talk about the problem with their parents. Common warning signs include depression, withdrawal from social situations, and spending more and more time online.

9. **Be willing to contact the police.** Parents who have gathered evidence about cyber bullying, and feel that school has not been able to stop the problem, should contact police – especially if the cyber bully has made threats to the health and well-being of the child.
10. **Stick to your guns.** The Internet is a big part of your child's life. Getting them to agree to be safe and limit their unsupervised time online may be difficult. Stay firm and continue to oversee their computer time – even if the child lashes out and claims that you are invading their privacy.

### **Monitoring and review: putting policy into practice**

The school will ensure that they regularly monitor and evaluate mechanisms to ensure that the policy is being consistently applied.

- Any issues identified will be incorporated into the school's action planning.
- The Head Teacher will be informed of bullying concerns, as appropriate.
- A designated governor will report on a regular basis to the governing body on incidents of bullying, including outcomes.
- Evidence of disseminating the Anti-Bullying policy can be found in:
  - Minutes of meetings;
  - Anti-Bullying Assemblies;
  - PSHE curriculum;
  - Records of behaviour incidents;
  - Pupil and parent views;
  - Minutes of Governors meetings.

Episodes of bullying are dealt with swiftly and recorded when appropriate; as a result, we continue to have a low number of incidents.

### **Links with other school policies and practices**

This policy links with several school policies, practices and action plans including:

- Behaviour policy
- Complaints policy
- Child Protection policy
- Equality Information and Objectives
- Accessibility Plan

### **Links to legislation**

There are several pieces of legislation which set out measures and actions for schools in response to bullying, as well as criminal and civil law. These may include (but are not limited to):

- The Education and Inspection Act 2006, 2011
- The Equality Act 2010
- The Children Act 1989

- The Education (Independent School Standards) Regulations 2014 (*if appropriate*)
- Protection from Harassment Act 1997
- The Malicious Communications Act 1988
- Public order Act 1986

## **Useful links and supporting organisations**

- Anti-Bullying Alliance: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk)
- Family Lives: [www.familylives.org.uk](http://www.familylives.org.uk)
- Kidscape: [www.kidscape.org.uk](http://www.kidscape.org.uk)
- MindEd: [www.minded.org.uk](http://www.minded.org.uk)
- NSPCC: [www.nspcc.org.uk](http://www.nspcc.org.uk)
- The BIG Award: [www.bullyinginterventiongroup.co.uk/index.php](http://www.bullyinginterventiongroup.co.uk/index.php)
- PSHE Association: [www.pshe-association.org.uk](http://www.pshe-association.org.uk)
- Restorative Justice Council: [www.restorativejustice.org.uk](http://www.restorativejustice.org.uk)
- The Diana Award: [www.diana-award.org.uk](http://www.diana-award.org.uk)
- Victim Support: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)
- Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Young Carers: [www.youngcarers.net](http://www.youngcarers.net)
- The Restorative Justice Council: [www.restorativejustice.org.uk/restorative-practiceschools](http://www.restorativejustice.org.uk/restorative-practiceschools)

## **SEND**

- Changing Faces: [www.changingfaces.org.uk](http://www.changingfaces.org.uk)
- Mencap: [www.mencap.org.uk](http://www.mencap.org.uk)
- Anti-Bullying Alliance Cyberbullying and children and young people with SEN and disabilities: [www.cafamily.org.uk/media/750755/cyberbullying\\_and\\_send\\_\\_module\\_final.pdf](http://www.cafamily.org.uk/media/750755/cyberbullying_and_send__module_final.pdf)
- DfE: SEND code of practice: [www.gov.uk/government/publications/send-code-ofpractice-0-to-25](http://www.gov.uk/government/publications/send-code-ofpractice-0-to-25)

## **Cyberbullying**

- Childnet: [www.childnet.com](http://www.childnet.com)
- Internet Watch Foundation: [www.iwf.org.uk](http://www.iwf.org.uk)
- Think U Know: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- UK Safer Internet Centre: [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- The UK Council for Child Internet Safety (UKCCIS) [www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis](http://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis)
- DfE 'Cyberbullying: advice for Headteachers and school staff': [www.gov.uk/government/publications/preventing-and-tackling-bullying](http://www.gov.uk/government/publications/preventing-and-tackling-bullying)
- DfE 'Advice for parents and carers on cyberbullying': [www.gov.uk/government/publications/preventing-and-tackling-bullying](http://www.gov.uk/government/publications/preventing-and-tackling-bullying)

## **Race, religion and nationality**

- Anne Frank Trust: [www.annefrank.org.uk](http://www.annefrank.org.uk)
- Kick it Out: [www.kickitout.org](http://www.kickitout.org)
- Report it: [www.report-it.org.uk](http://www.report-it.org.uk)
- Stop Hate: [www.stophateuk.org](http://www.stophateuk.org)
- Tell Mama: [www.tellmamauk.org](http://www.tellmamauk.org)
- Educate against Hate: [www.educateagainsthate.com](http://www.educateagainsthate.com)
- Show Racism the Red Card: [www.srtrc.org/educational](http://www.srtrc.org/educational)

## **LGBT**

- Barnardo's LGBT Hub: [www.barnardos.org.uk/what\\_we\\_do/our\\_work/lgbtq.htm](http://www.barnardos.org.uk/what_we_do/our_work/lgbtq.htm)
- Metro Charity: [www.metrocentreonline.org](http://www.metrocentreonline.org)
- EACH: [www.eachaction.org.uk](http://www.eachaction.org.uk)
- Proud Trust: [www.theproudtrust.org](http://www.theproudtrust.org)
- Schools Out: [www.schools-out.org.uk](http://www.schools-out.org.uk)
- Stonewall: [www.stonewall.org.uk](http://www.stonewall.org.uk)

## **Sexual harassment and sexual bullying**

- Ending Violence Against Women and Girls (EVAW) [www.endviolenceagainstwomen.org.uk](http://www.endviolenceagainstwomen.org.uk) o  
A Guide for Schools: [www.endviolenceagainstwomen.org.uk/data/files/resources/71/EVAW-CoalitionSchools-Guide.pdf](http://www.endviolenceagainstwomen.org.uk/data/files/resources/71/EVAW-CoalitionSchools-Guide.pdf)
- Disrespect No Body: [www.gov.uk/government/publications/disrespect-nobodycampaign-posters](http://www.gov.uk/government/publications/disrespect-nobodycampaign-posters)
- Anti-bullying Alliance: Preventing and responding to Sexual Bullying: [www.antibullyingalliance.org.uk/tools-information/all-about-bullying/sexual-and-genderrelated/preventing-and-responding-sexual](http://www.antibullyingalliance.org.uk/tools-information/all-about-bullying/sexual-and-genderrelated/preventing-and-responding-sexual)
- Anti-bullying Alliance: advice for school staff and professionals about developing effective anti-bullying practice in relation to sexual bullying: [www.antibullyingalliance.org.uk/tools-information/all-about-bullying/sexual-and-genderrelated](http://www.antibullyingalliance.org.uk/tools-information/all-about-bullying/sexual-and-genderrelated)