



Gloucestershire
Safeguarding Children
Board

Bullying.....Who can Help?



What is Bullying?

Bullying is a big problem for young people and adults alike and can occur in many settings, on the street, in school, in work or in youth clubs. It can take many forms, all of which can be very distressing and abusive:

Physical:	May include: repeatedly being pushing, kicked or hit taking and damaging your personal belongings.
Verbal:	May include: constant teasing, repeated violent threats, name calling, sarcasm, gossiping
Emotional:	May include: being tormented, humiliated, ridiculed, ignored, excluded, spreading rumours, turning your friends against you.
Sexual:	May include: unwanted sexual contact, unwelcome sexual comments or suggestions.
Racist:	May include: gestures, taunts, graffiti, physical violence, mocking about your race or ethnic origin.
Homophobic:	May include: anti gay name-calling, being beaten up, offensive comments relating to your sexuality.
Cyber:	May include: all the above only by text or over the internet, alarm, distress or humiliation that uses internet-related and telephone technology.

Who can help?

Bullying is wrong. It is very abusive and can have a very harmful effect on the person being bullied, it can impact on progress in school, it can cause great unhappiness and can lead to serious mental health problems and in the worst cases even suicide. No one has to put up with being bullied – it can be stopped. The next page has details of organisations who are here to help and how your school, employer or the police can help.

Useful Contacts:

Childline - **0800 11 11** www.childline.org.uk

Kidscape - **020 7730 3300** (Bullying Counsellor available)

NSPCC - **0800 800 500** www.nspcc.org.uk/fullstop/education

Stonewall – www.stonewall.org.uk

Papyrus (Preventing youth suicide) - Helpline **0870 170 4000** www.papyrus-uk.org

Samaritans - **08457 909 090** www.samaritans.org.uk

Department for Children, Schools and Families - www.dcsf.gov.uk/bullying

Education Welfare Service - **01452 550 505**

Educational Action Challenging Homophobia (EACH) - **0117 946 7606** www.eachaction.org.uk

Gloucestershire Education – Race Equality and Diversity Service – **01452 427 261**

www.irespect.net

Gloucestershire Young Carers Project - www.glosyoungcarers.org.uk

Parentline Plus - **0808 800 2222** www.parentlineplus.org.uk

School Nursing Service (Providing one to one support via confidential drop-ins) - **01452 529 776**

Bullying UK (Part of Family Lives) www.bullying.co.uk

Anti Bullying Alliance - www.anti-bullyingalliance.org

Schools – Every school must have an anti-bullying policy in place. Governors must ensure the policy exists, is updated and monitored. Parents can obtain a copy of the policy by asking in school or checking the school’s website.

Pupils should try and see a member of staff they trust if they feel they are being bullied. Ask a friend or parent to help if this is difficult. Think about using your school nurse if you need someone independent, or someone outside school such as a youth worker.

Other Settings – Be open to the possibility of bullying and ensure you have an agreed policy in place to assist young people in raising concerns. Always respond positively to concerns raised and ensure the situation is resolved.

Employers - all employers have a moral and legal duty to prevent bullying in the workplace. It is in their interest to make it clear to everyone that bullying behaviour will not be tolerated. Employers who help with work experience or who employ under 16s should pay particular attention to the prevention of bullying.

Police – Bullying is not usually a criminal matter but can become so if there is an element of theft, criminal damage, harassment or racial harassment. If in doubt contact the police or visit www.gloucestershire.police.uk/kidsaware

For more information on issues of Child Protection contact:
Gloucestershire Safeguarding Children Board - **01452 583 629**
or visit www.gscb.org.uk or Twitter **@gloslscb**