

### Your Rights

All students at Springwell Community College have:

- The right to be treated with respect
- The right to learn in a safe atmosphere
- The right to be proud of themselves
- The right to be at school without being afraid of others
- The right to say NO' to bullying

### Your Responsibilities

All students at Springwell Community College are:

- Responsible for showing respect to other people
- Responsible for behaving in a sensible and considerate manner
- Responsible for helping people who are being bullied
- Responsible for telling bullies that their behaviour is wrong
- Responsible for reporting bullies.

If the incident happens in a lesson tell your **Subject Teacher**, if it's not in a lesson tell your **Tutor**.

Other people that can help are College Anti Bullying Ambassadors, who are on patrol at lunchtime in their blue t-shirts.

Lunchtime Supervisors, any member of staff or the Anti-Bullying Co-ordinator; Miss Hoyle.

Miss Hoyle is also available during registration & lunchtimes in **Energise & Discover**

You can email : [choyle@springwellcc.co.uk](mailto:choyle@springwellcc.co.uk)

*Anti-Bullying Ambassadors are on patrol in the street and the Den during break and lunchtimes*

What happens at College when bullying is reported:

1. Details written on a Bullying Incident Form.  
Miss Hoyle- Anti Bullying Co-coordinator logs incident
2. Form passed onto Tutor or Student Progress Leader
3. Tutor or SPL talks to the aggressor- they have chance to give their side of the story
4. Parents/Carers may be informed at this point
5. Tutor or SPL also talks to target of bullying to make sure the bullying has stopped
6. The aggressor will not be told who reported them unless the target has given permission
7. If you have been an aggressor & been reported, the details will NOT stay on your record UNLESS it was a very serious incident or you continue to be the perpetrator.
8. If the aggressor continues to demonstrate an imbalance of power then parents/carers will be contacted to discuss their behaviour
9. Miss Hoyle may offer the target/aggressor a restorative meeting if appropriate.

More information:

[www.besomeonetotell.org.uk](http://www.besomeonetotell.org.uk)

<http://cybermentors.org.uk>

<http://www.childline.org.uk/explore/bullying>

<http://www.anti-bullyingalliance.org.uk>

<http://archive.beatbullying.org/index.html>

**ANTI-BULLYING**  
**AMBASSADORS**



# Anti-Bullying Advice for Students



**Report It so we can Sort It**

# CYBERBULLYING

Laugh at it, and you're part of it

## SOCIAL MEDIA—FACEBOOK

We are sure that you will agree that social media has its advantages and disadvantages and can cause a lot of issues within schools.

[Under "Registration and Account Security" Article 5 - "You will not use Facebook if you are under 13".](#)

Facebook does not provide extensive security measures because it's not aimed for young children. Anyone under the age of 13 is particularly at risk and is potentially unsafe if you ignore this restriction and lie about your age to gain an account.

If your parents/carers allow you as an under age child to have an account, the best advice is to register themselves too (if they haven't already) and make sure you add them to your account as a 'friend' so they can monitor communications and who you are adding as 'friends'. Also it's really important to change all account privacy settings to the highest level to restrict the information that can be viewed by the public.

Although chatting online can be great fun, sometimes you can find yourself in situations where you are out of your depth. Risks can arise when you give out your personal details to strangers believing them to be friends. The online world is very different to the real world and people can be tempted to say and do things that they wouldn't dream of if they met face to face. This can include giving out personal information such as mobile numbers, pictures of themselves and where they can be located.

For further information about internet safety and the risks of using online social sites, please see the resources at the Thinkyouknow website run by the Child Exploitation and Online Protection centre.

Useful links for further information:

<http://www.facebook.com/help/privacy>

<http://www.thinkuknow.co.uk/>

<http://diana-award.org.uk/>



## What types of bullying are there?

**Emotional** (being unfriendly, excluding, tormenting, threatening behaviour)

**Verbal** (name calling, sarcasm, spreading rumours, teasing)

**Physical** (pushing, kicking, hitting, punching or any use of violence)

**Extortion** (demanding money/goods with threats)

**Cyber** (all areas of internet, email and social network misuse. Mobile threats by text messaging and calls. Misuse of associated technology i.e.: camera and video facilities including those on mobile phones)

**Racist** (racial taunts, graffiti, gestures)

**Sexual** (unwanted physical contact, sexually abusive comments)

**Homophobic** (because of, or focussing on the issue of sexuality)

**However, a few students do target others for a variety of reasons**

**There is not one, clear reason as to what makes a student target and do nasty things to others - clearly it is NOT something to be proud of!**

**People who are aggressors will be helped to improve their behaviour at College.**

**Aggressors are often victims themselves.**

**Bullying is....behaviour that is: DELIBERATELY hurtful, upsetting, frightening or threatening to other people.**

**Repeated often over a period of time**

**Bullying is NOT tolerated at Springwell Community College**

## WHAT TO DO IF YOU ARE BULLIED

- Try to stay calm and look as confident as you can
- Be firm and clear - look them in the eye and tell them to stop
- Get away from the situation as quickly as possible
- Tell an adult (teacher or other member of staff) what has happened straight away
- Tell your family
- If you are scared to tell an adult by yourself, ask a friend to come with you
- Keep speaking up until someone listens and does something to stop the bullying
- Use the College peer-counseling service

Key ACTION points to remember:

**A**void bullies

**C**onfide in someone

**T**ry to avoid isolated places

**I**nteract with others to make friends

**O**ffer support if you see bullying

**N**ever let bullies win