

# Safeguarding Bulletin



## Anti-Bullying Week 14th to 18th November 2016.

**What is Bullying?** Bullying can happen to any person at any age and can take many forms, they include: Name calling, teasing, hitting or causing pain to you physically, taking your possessions or money against your will, intimidating or making you feel threatened or making you feel isolated or excluding you purposefully, telling lies or spreading rumours via text or social media or in person. There are also specific bullying types which include: **Racist bullying, Homophobic bullying, Sizeist bullying, Ageist bullying and Sexist bullying.** There are many other forms of bullying not covered in this list but are equally important

**What Can I do if I am affected by Bullying or I am worried that someone I know is affected by Bullying?** If you need advice about bullying you can call in to the Pod on the ground floor reception at the Balliol Centre. The team are all trained listeners and can advise you on the best way to deal with any concerns that you have. If you are not sure about speaking to the team straight away, talk to any of your tutors, SPC or anyone you are comfortable with and they can assure you about visiting the Pod and can accompany you to make sure that you feel safe and comfortable when you speak to us for the first time.



**What is Anti-Bullying Week about?** Anti-Bullying week highlights the issue of bullying and asks people of all ages, in all positions, to take action against bullying at all times. The theme chosen for this year is 'The Power for Good' and the key aims are to persuade all children and young people to stop bullying by acting both as individuals and as part of a group. It encourages parents and carers to support children experiencing bullying and to work with schools to prevent bullying. Finally, teachers, support workers and youth workers are asked to recognise the positive change that they can have in preventing bullying by taking individual and group responsibility in addressing the issue and in creating safe environments in which young people can flourish. Hugh Baird College has a robust Anti-Bullying policy. In early 2017, we will run the national student survey 'Ditch the Label' and we are currently making our application for the 'BIG' Anti-bullying award.

**What can you do to get involved?** This year, Anti-bullying week is coordinated by the Anti-Bullying Alliance in partnership with Internet Matters. Anti-Bullying Week is sponsored by Ben Cohen Stand Up Foundation and SafeToNet, check out their websites for interesting and useful information and guidance relating to bullying and how to stop it.