

BE SAFE...

We don't put up
with bullying
– neither should you!



BULLYING

**DON'T PUT UP WITH IT,
DO SOMETHING ABOUT IT...**

Bullying can happen to anyone, at any age and can take very different forms. It is defined as the activity of repeated, aggressive behaviour intended to hurt another person, physically or mentally and is characterised by an individual or a group of individuals behaving in a certain way to gain power over another.

Emotional, verbal,
physical and cyber are
all types of bullying



Bullying can occur anywhere in any school and college or away from those organisations, but studies show it mostly takes place where there are physical activities taking place like sports, in open hallways, changing rooms, toilets, on school buses, main entrances and exits and areas where learners accumulate waiting for buses. Sometimes bullying consists of a group of students taking advantage of, or isolating, one student in particular and gaining the loyalty of bystanders who want to avoid becoming the next target. These bullies may taunt and tease the person before physically bullying them. Bystanders may participate or watch, sometimes out of fear of becoming the next victim.

Bullying consists of four basic types of abuse: **emotional, verbal, physical and cyber**. It might involve someone pushing you, hitting you, taking possessions from you, name calling, damaging property or talking about you to others. Bullying can also involve someone using different media like harassing telephone calls, posting messages on Facebook or Twitter or emails that contain often very personal taunting messages about you either direct to you or to other learners about you.

Surveys show that 'bullying is detrimental to learners' well-being and development' and that is why anyone reporting that they are being bullied at college will be taken very seriously. Bullying can make you feel anxious, depressed, self-conscious, lonely, worthless and scared. It can also make you not want to attend college.

What to do if you are being bullied

You don't have to put up with someone bullying you. At Selby College, we have a network of staff able to deal with problems of this nature. If you are being bullied or know someone who might be, talk to a member of staff like your Guidance and Support Tutor, your Tutor, the College Counsellor or if you prefer, use the '**Stay Safe**' button on Moodle, look for the following symbol.



Moodle is the college intranet





Anyone found to be bullying another learner, either individually or as part of a group, will be subject to disciplinary action by the college. This could ultimately mean that they are suspended pending an investigation and could be asked to leave permanently.

Once you report the matter, staff will ask questions about what has happened to you, over how long and who the main culprit or culprits are. The college will then question these people and if proven will take disciplinary action to stop it from happening again. **The key thing you need to do is to report it, to help us to help put a stop to it.**

All matters are dealt with in the strict of confidence

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