

# Bullying

**Bullying is when a person or group deliberately and persistently intends to cause someone else to feel hurt, distressed, threatened, or humiliated.**

**Bullying could be in many forms, this could include a physical assault, teasing, making threats, name calling or cyberbullying. These are not acceptable of welcome at The Wells Academy.**

**Everyone deserves to feel safe in school.**

## **BULLYING IS NOT ACCEPTABLE**

- We want everyone at the Academy to feel safe and secure.
- We believe no one should be bullied in any way.
- Verbal abuse of another pupil is bullying. A physical attack on a pupil is bullying.
- Repeated and persistent unkindness over social media, or through electronic devices is cyberbullying.
- We must all make sure bullies never win.

If you, or someone you know, is being bullied:

## **TAKE ACTION**

- Tell a member of staff or a member of your family immediately- watching and doing nothing will only support the bully.
- You cannot deal with a bully by yourself. Talk to a teacher, your tutor, your Head of Year, your parents or a member of the Senior Leadership Team if you are worried about bullying.
- Do not give in to demands for money, sweets or anything else.
- If you are experiencing bullying, remember that it is not your fault. It is not OK. There are a lot of people in school who will help you. Talk to them.

## **TOGETHER, WE CAN AND WILL STOP BULLYING**

# Drugs and Alcohol

The Wells Academy also works in partnership with CGL. [CGL Journey](#) is a free and confidential drug and alcohol service for young people up to the age of 19 (including offenders), families and carers in Nottingham.

The service is provided to help anyone under the age of 19 who needs support or advice around drug and alcohol use. The service is free to access, support is voluntary and all support is based around the needs of the pupil.

In addition, referrals to the school nurse can offer additional support to any students who may need additional support in these, or any other areas.

## On-line Safety

**Here are some tips for keeping yourself safe online or on your mobile phone:**

- Don't put up with abusive texts, photos or videos. Show them to your parent/carer.
- Think about the language you use in texts. If you wouldn't like it said about you, don't say it about anyone else.
- Don't lend your mobile to anyone unless it's an emergency.
- Don't reveal your full name, address or phone number to people you meet on the internet unless you check it out with your parent/carer first.
- Don't reveal your location on social media.
- Don't allow anyone online to persuade you into doing something against your wishes or something you know you shouldn't do.
- Remember that any emails you send or photos you upload to the internet cannot be destroyed. They are there forever. Think before you post something you might later regret.
- Remember, you should never send indecent images of yourself to someone else. **Sending these pictures or videos (this includes semi nude or underwear pictures) is against the law when under the age of 18 years.**
- Never arrange to meet up with someone you meet online without telling your parents/carer first.
- Talk to your parents or teacher about any users who you are unsure about. You can block or break off contact with anyone who makes you feel worried.
- Be careful about communicating in chat rooms, if you don't know them in person, you cannot be sure of who they are. Don't use your real name when in chatrooms or use a nickname that reveals personal details, such as the town or street you live in.
- You can report internet abuse at the click of a button on a really good website, [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## Personal Safety

**Your safety is really important to us. At the Academy, we do everything we can to make sure that you learn in a safe environment. If you do feel unsafe at any time, tell an adult you trust so that we know about the problem and can deal with it.**

Here are some tips to help keep you safe outside the Academy:

- Look confident. People are less likely to pick on you.
- Try to go to places with friends. If you do go out alone, always tell someone where you are going and what time you will return.
- If anyone says or does anything that worries or frightens you talk to a trusted adult - someone in the family or someone at school.
- If you are taking a bus or train, make sure you have enough money for the return journey or a return ticket. Don't accept money from someone you've never met before.
- Don't accept a lift from someone you've never met before. Call someone to pick you up.
- Stay in well-lit areas where there are people around if you need help.
- Remember that alcohol and drugs can harm your health and can also encourage you to take unnecessary risks.
- If someone is frightening you and you can't get away, pretend you are going to be sick over them. It makes them move back, giving you a chance to run. If you need to, you can shout as loud as you are able to do so, alerting those around you that you are worried and may need help.

**Remember, if an adult tries to hurt you it's not your fault. You don't have to do what they say just because they are an adult. Try to find the confidence to tell someone that you are worried. You won't get into trouble.**

**What should you do if . . . ?**

- You are worried because an adult you spend time with out of school drinks and acts violently.
- You are being hit by an adult.
- You are being left at home on your own overnight or for a long time.
- You do not get enough food at home.
- You have been thrown out of your home.
- You have been touched inappropriately by a peer or adult.
- You are disturbed by violence amongst people at home.
- You have seen adults being cruel to another family member.
- You are aware that a person may be hurting themselves deliberately.
- You think you or a friend may have an eating disorder.

**Talk with either your tutor, a trusted member of staff or a member of the Senior Leadership Team.**

## Staying Fit and Healthy



As part of the Nottingham Citycare Partnership, a new programme has been introduced called 'the Healthy Weight Support Programme'.

change  
4 life

Eat well Move more Live longer

Free family friendly healthy weight sessions

Was your child classed as **overweight** or **very overweight** in the National Child Measurement Programme?

Would you like 4 free sessions from your School Health Team?

**healthy eating**

**become more active**

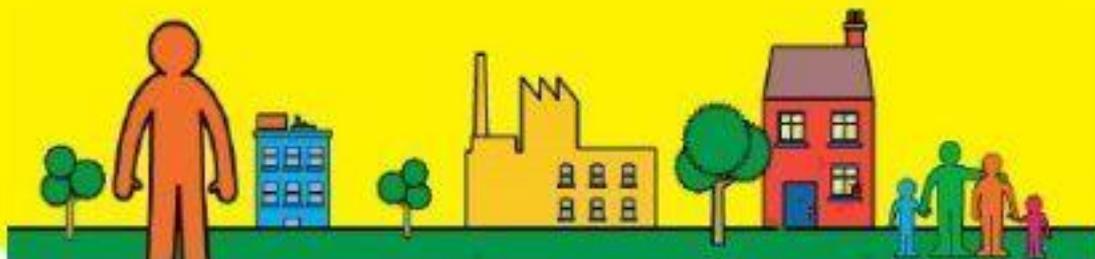
We can come to your home or meet you at a local health centre.

After the 4 sessions you will receive a **FREE** 'Activate' pass for 3 months, all your family can attend sessions such as swimming and play and fitness at your local leisure centre.

For more information please telephone: 0115 8834202



Nottingham  
City Council



This is being offered to children and young people aged 5-16 years and provides tailored support to parents/carers and their children to help children gain a healthy weight.

As obesity or being overweight is an increasingly big public health issue, it is really important to provide parents and young people with the knowledge and skills they need to maintain a healthy weight.

Change4life have produced a huge range of materials to help parents, carers and children/young people understand simple changes that could be made to achieve and maintain a healthy weight. Click on the graphic below to visit their website and find out more.

# Mental Health

Staying health involves looking after your mental health as well as your body. If you are regularly feeling low, becoming withdrawn and finding it harder to concentrate in school, you can talk to any member of staff in school.

Your GP will be able to support you will additional health support and we would encourage you to make an appointment to visit them for extra support.

In addition, school offers a range of services such as a school councillor and the school nurse. If you feel that these services could help you, speak with your head of year or a member of the senior leadership team who will be able to support you.

Below are some links that you may find useful.

<https://www.youtube.com/watch?v=ncvLfs7jcg8> sleep tips for teens

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit> BBC Headroom-your mental health toolkit

[https://www.youngminds.org.uk/?gclid=CjwKEAjw\\_PfGBRDW\\_sutqMbQsmMSJAAMpUapjGlqJSflyguG7XDcyoOE5LXsNCrxqUYOEPreRxYkAxoCMu\\_w\\_wcB](https://www.youngminds.org.uk/?gclid=CjwKEAjw_PfGBRDW_sutqMbQsmMSJAAMpUapjGlqJSflyguG7XDcyoOE5LXsNCrxqUYOEPreRxYkAxoCMu_w_wcB) Young Minds

<https://www.camhs-resources.co.uk/> CAMHS resources

<https://www.childnet.com/> Online safety

