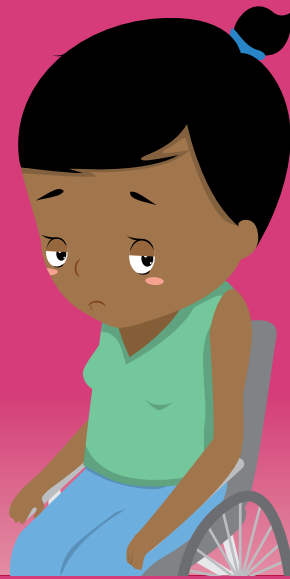


SAFEGUARDING BULLYING



What is bullying?

Bullying is behaviour that hurts someone else – such as name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere and is usually repeated over a period of time.

Bullying that happens online, using social networks and mobile phones, is often called cyber-bullying. Young people can feel like there's no escape because it can happen at any time of day or night.

How to get help

Speak to any member of staff or email your concerns to the college's Safeguarding Team at safeguarding@grimsby.ac.uk

Other support

nationalbullyinghelpline.co.uk - **0845 2255 787**

nspcc.org.uk - **0808 800 5000**

ChildLine - **0800 1111 (24 hours)**

We're here to help you
safeguarding@grimsby.ac.uk
07920 860241