

# Help is at hand! People are ready to help you.

Friendship issues?

Problems at home?

Personal Issues?

Finding homework difficult?

Relationship concerns?

Struggling with a subject?

Exam Stress or Anxiety?

## Who can I speak to?

- Tutors
- Assistant Head of Year
- Head of Year
- Peer Mentor
- TIC TAC
- Chaplaincy Team
- Learning Support

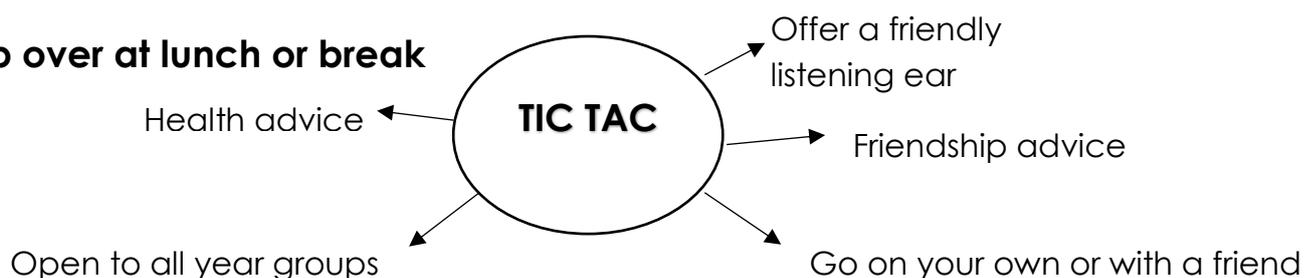
## What can they do?

- Suggest new approaches including support from external agencies
- Talk to others for you
- Conflict Resolution sessions
- Assertiveness training
- Circle time/Chill and Chat/Relaxation Sessions
- 1 to 1 mentoring
- Literacy and numeracy intervention
- Support with homework
- Counselling
- Let you know who else can help you

## Student Support at TIC TAC

If you want to talk about a problem with someone who is not a teacher then try going to TICTAC for some advice.

### Pop over at lunch or break



### Websites and contact numbers for specific advice

General Help	<a href="http://www.childline.org.uk">www.childline.org.uk</a> or telephone 0800 11111
Alcohol / Drugs	<a href="http://www.talktofrank.com">www.talktofrank.com</a> or telephone 0300 123 6600
Bereavement	<a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a> or telephone 0808 808 1677
Careers	<a href="https://nationalcareersservice.direct.gov.uk">https://nationalcareersservice.direct.gov.uk</a> or telephone 0800 100 900

# Bullying

## What is bullying?

Bullying is deliberately hurtful behaviour, often repeated over a period of time by the same person or group of people.

## How to react

- Try to ignore the bullies, walk away and do not let them see that you are upset. Don't give them the satisfaction of getting a reaction from you.
- If you can, calmly stand up for yourself and ask them to stop their behaviour.
- Try to stay with your friends and avoid being on your own.
- Record any incidents in this planner including where, when, who etc.

## What to do next

Tell someone you trust. This could be a friend, someone at home or a teacher. Just talking to someone may help you find a solution to the problem.

## What will happen if you tell a teacher?

The teacher will listen to you and offer support. The teacher can talk to the person who is bullying you (if you agree) and help stop the bullying.

## What to do if you see bullying

- Comfort and support the victim.
- Tell someone (e.g. a teacher) what you have seen.
- If you are in a group where someone is bullying, tell them to stop, because by doing nothing you support the bully.

**WE ARE A TELLING SCHOOL.  
BULLYING IS TOO IMPORTANT NOT TO REPORT.  
DO NOT SUFFER IN SILENCE.**

# Keeping Others Safe

If you have a concern about the safety of another pupil, don't keep it to yourself. Please speak to **Mr Quaintance, Mrs Newman, Mrs Holroyd** or **Mrs Chapple** our Safeguarding Officers.



Mr Quaintance's office is in the Learning Support Corridor opposite the student toilets.



Mrs Holroyd can be found in the Learning Support Office.



Mrs Newman can be found in the Emotional Health and Well-being Office on the top floor next to G1 (Humanities)



Mrs Chapple can be found in her office by going into the Learning Support Office.