**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. Individuals can feel like there is no escape because it can happen at any time of the day or night.

*How to get help*

Speak to any member of College staff or speak to the College Safeguarding Team on 01226 216 142 or via email at safeguarding@barnsley.ac.uk

*Other support*

<nationalbullyinghelpline.co.uk> – 0845 2255 787

<nspcc.org.uk> – 0808 800 5000

Childline – 0800 11 11 (24 hours)