

# Adult Learning

## BULLYING

### Safeguarding at Adult Learning

#### What is Bullying?

- Bullying is unwanted, aggressive behaviour that involves a real or perceived power imbalance.
- The behaviour is repeated, or has the potential to be repeated, over time.
- Bullying includes actions such as making threats, spreading rumours, attacking someone physically or verbally, and excluding someone from a group on purpose.
- Bullying that happens online, using social networks and mobile phones, is often called cyber-bullying.
- Young people can feel like there is 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 Safeguarding Team at:

[kraig.reeves-brown@westmorlandandfurness.gov.uk](mailto:kraig.reeves-brown@westmorlandandfurness.gov.uk)

[emma.boyd@westmorlandandfurness.gov.uk](mailto:emma.boyd@westmorlandandfurness.gov.uk)

#### Other Support

- [nationalbullyinghelpline.co.uk](http://nationalbullyinghelpline.co.uk) 0845 2255 787
- [nspcc.org.uk](http://nspcc.org.uk) 0808 800 5000
- Child Line 0800 1111 (24 hours)



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