"Taking Action Together"

Tackling bullying and promoting rights and respect

Bracknell Forest Anti-Bullying Strategy
2011 - 2014

Bracknell
Forest
Council

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Foreword

Welcome to "Taking Action Together" our Anti-Bullying Strategy for Bracknell Forest.

Over the past three years many of the agencies that work with children and young people have worked hard to gain a better understanding of bullying.

We have heard a lot from children and young people who have told us what they think about bullying, the effect it has on them, and about what makes them feel safe from bullying both in and out of the school environment.

We have developed a wide range of help and support which includes a Peer Mentoring scheme called "Safe to Learn", drama productions in schools, information for parents and carers about bullying, and information for young people on cyber-bullying.

Safeguarding and protecting children and young people is a key outcome priority in Creating Opportunities – a joint strategic plan for children and young people 2011- 2014, and reducing bullying in all forms is a key area of activity to support this.

This Anti-Bullying Strategy is an important tool to help us to ensure children and young people feel safe, and we hope that by "Taking Action Together" we can help to reduce bullying and ensure children and young people feel safe and able to participate within their communities, and achieve their full potential.

Dr Janette Karklins
Director, Children, Young People and Learning

Introduction

Bracknell Forest Council is concerned to try to make the Borough a safe and secure environment for our children and young people to be happy and achieve. Young People continue to highlight bullying as an issue and anti-bullying work is now recognised as an important part of the Safeguarding Agenda.

The Anti-Bullying Group (ABG) was set up several years ago as a multi-agency forum to bring together representatives from all who are involved in dealing with bullying, whether working with victims or perpetrators and their families and schools.

To tackle and prevent bullying the Anti-Bullying Group undertakes a varied programme of activities and initiatives aimed at raising awareness and reducing bullying, while supporting schools and other professionals with training, resources and by providing short term support to individuals.

The Group has responsibility for delivering the actions and outcomes – much of this work will be fulfilled by the Anti-Bullying Co-ordinator with support, guidance and direction from senior managers.

> *" From our experience of supporting children and young people experiencing bullying we have realised that early intervention is very effective, especially when children and young people, parents, schools and other agencies all **take action together.***
>
> *Our aim is that our children and young people feel safe from bullying and choose not to bully others so that they can make the most of life's opportunities".*

Bracknell Forest Anti-Bullying Group

Achievements so far

The first Bracknell Forest Anti-Bullying Strategy and Action Plan "Safer Together, Safer Wherever" was launched in 2008 and covered a two-year period. The plan contained four strategic priorities as follows:

- Information gathering
- Prevention of bullying
- Intervention when bullying incidents occur
- Addressing bullying in the wider community

These were delivered through a detailed Action Plan. All actions contained in the document were achieved within the period. The appointment of an Anti-Bullying Co-ordinator with dedicated time to support the delivery of the Strategy and Action Plan was a major factor. Young people have been involved in the development of the work.

In addition to these specific initiatives, valuable anti-bullying work has been carried out in the day-to-day work in other settings to address bullying which includes many areas such as Youth Service, Early Years, Youth Offending Service, Thames Valley Police, Educational Psychology Service, School Nursing Service, Behaviour Support Team, Pupil Referral Service, Education Welfare Service and many others. **Some of the key anti-bullying activities achieved during the period of the previous plan (2008-2010) are set out on the next page:**

Surveys/Research: A number of surveys were developed and carried out to further our understanding of bullying in Bracknell Forest. These included a survey investigating transition to secondary school and 'Year9online', a survey aimed at Year 9 pupils, with a particular emphasis on cyberbullying.

Peer Mentoring: The 'Safe to Learn' Peer Mentoring scheme was embedded in all Bracknell Forest secondary schools. Peer Mentors at Easthampstead Park Community School have been awarded the Princess Diana Award twice in three years for all their hard work in supporting young people in their school.

Cyber Mentoring: As well as continuously training Peer Mentors in the secondary schools, a group of 50 young people were trained to become Cyber Mentors by the charity BeatBullying. These Cyber Mentors provide support to young people online and can be accessed by logging on to http://cybermentors.org.uk/

Information for Parents: 'Tackling Bullying: A Guide for Parents & Carers' was produced and Anti-Bullying workshops for parents & carers were held throughout the Borough. The guide is available online at http://www.bracknell-forest.gov.uk/anti-bullying-guide-for-parents-and-carers.pdf

Effective Communication with Schools: In addition to existing strong links with schools a named Anti-Bullying lead contact was established in all Bracknell Forest schools in order to develop an effective network for the sharing of good practice, guidance and information.

Bullying and Domestic Abuse: A four-session PSHCE programme to explore links between domestic abuse and bullying was piloted in a secondary school. The pilot aimed to raise awareness of a sensitive subject in a safe and constructive environment. The course included the production of a play called 'The Lobster' which was performed by young people at a showcase event.

Drama Production/Workshops: Using drama as a means of engaging children and young people, a powerful anti-bullying monologue was performed in schools, reaching over 2,500 young people. Building on the effectiveness of this approach, a variety of drama projects and self-esteem workshops were organised in schools to raise awareness and help tackle bullying. An event showcasing winning entries from a monologue-writing competition on the theme of 'Girls and Bullying' was held in a secondary school.

Anti-Bullying Awards: The group continues to organise the annual Anti-Bullying Week Competition and Awards Ceremony in Bracknell Forest. Each secondary school has the opportunity to host the ceremony. Schools, parents/carers and their children are all invited to celebrate the winning entries. Artwork submitted by children and young people has been used to produce an annual Anti-Bullying calendar distributed to partner agencies, staff, schools and the wider community. In addition the 'Safer Together, Safer Wherever' shields for the outstanding contribution to anti-bullying work is awarded to one primary and one secondary school each year.

Rights, Respect and Responsibility: In addition Bracknell Forest Schools have embarked on the programme of Rights Respecting Schools Award in conjunction with UNICEF, learning about the United Nations Charter for the Rights of the Child and its implications. Headteachers report greater respect and responsibility among the children and fewer incidents of bullying. Research indicates that involvement in the RRS Award reduces bullying in schools nationally. All Bracknell Forest primary schools are engaged in the award with 15 achieving level 1 and 2 schools achieving level 2 (the highest). Of the 6 secondary schools, 1 has achieved level 1 with 3 more schools working towards the award. We congratulate all these schools on their achievement.

What is happening at national level?

In November 2010, the Department for Education published its White Paper 'The Importance of Teaching', outlining a programme of major reforms to the education system to improve results, raise UK standards and bring us in line with other countries. The paper contains a strong focus on behaviour in schools and several specific references to bullying.

"For parents and the majority of well-behaved pupils, good behaviour in school is important to their future success. Pupils have the right to come to school and focus on their studies, free from disruption and the fear of bullying."

'***The Importance of Teaching'***

The following extract from the White Paper indicates the government's current stance on bullying in schools.

"Parents and teachers want pupils to be able to learn in safety, but we know that bullying is still a significant problem. Unsurprisingly, pupils who are bullied are more likely to be disengaged from school and do substantially worse in their GCSEs than their classmates. So tackling bullying is an essential part of raising attainment.

Schools should take incidents of prejudice-based bullying especially seriously. It is important that they educate children about the differences between different groups of people and create a culture of respect and understanding.

We will work with non-government organisations such as Stonewall and the Anti-Bullying Alliance to promote best practice and make sure that schools know where to go for support."

The White Paper also sets out the government's intention to:

- *"Strengthen head teachers' authority to maintain discipline beyond the school gates, improve exclusion processes and empower head teachers to take a strong stand against bullying, especially racist, homophobic and other prejudice-based bullying."*

- *"Focus Ofsted inspections more strongly on behaviour and safety, including bullying, as one of four key areas of inspections. Inspections will ask to be shown that positive behaviour is maintained constantly and will also take into account how safe the pupils feel around the school."*

- *"Act to restore the authority of teachers and head teachers, so that they can establish a culture of respect and safety, with zero tolerance of bullying, clear boundaries, good pastoral care and early intervention to address problems."*

In April 2011 the Department for Education issued updated advice for school leaders, staff and governing bodies on Preventing and Tackling Bullying. The aim of the guidance is to help schools prevent and respond to bullying as part of their overall behaviour policy, to understand their legal responsibilities in this area, and to understand the Government's approach.

It outlines the legal obligations with regard to bullying and advice on dealing with bullying. The guidance will be finalised later in 2011. The document can be viewed at: www.education.gov.uk

"…Far too many children and young people experience bullying and it is important to raise awareness of the devastating effect this can have on their lives. Over the past few years, the problems associated with bullying have been more widely recognised and lots of important work has been done to provide support for victims and tackle problems where they arise…."

Maggie Atkinson
Children's Commissioner for England

What are young people in Bracknell Forest telling us?

The Anti-Bullying Group will continue to listen to children and young people in the Borough and address their concerns about bullying. We know from various surveys completed by children and young people at both national and local level that there is more to be done.

Tellus4 Survey

In 2009 the Department for Children Schools & Families conducted the annual national survey; Tellus4. This survey asked young people in years 6, 8 and 10 a series of questions about various aspects of their lives, including feeling safe and bullying. Some of the results were used to calculate National Indicator 69: *'Children who have experienced bullying'*.

Almost 1200 responses were received from 26 out of a possible 35 schools in Bracknell Forest. Almost two thirds (64%) of responses were from Year 6 pupils in primary schools and just over a third (36%) were from Year 8 and Year 10 pupils in secondary schools. Although conducted by Year Group, the survey included pupils aged from 10-15 years old.

The actual results behind the statements below are shown in Appendix 2. In summary the Tellus4 results for Bracknell Forest indicated:

➢ Higher levels of bullying than nationally and statistical neighbours both in and out of school.

➢ 35% felt 'very safe' going to and from school and 13% felt 'a bit unsafe'.

➢ 21% felt that their school dealt with bullying 'very well', 16% responded 'not very well' and 9% thought their school dealt with bullying 'badly'.

Year9Online Survey

One of the actions from the previous strategy was to conduct further research in schools.

In 2010, the Anti-Bullying Group designed an online survey for Year 9 pupils in Bracknell Forest to investigate how young people view bullying in and out of school, with an additional focus on Cyberbullying. 255 pupils completed the survey (23% response rate). The survey was aimed at Year 9 firstly to reduce the administrative burden on schools and secondly because this cohort had taken part in an earlier anti-bullying survey when in Year 6.

The actual results behind the statements below are shown in Appendix 3. In summary the results indicated:

➢ High awareness from Y9 pupils of what schools do to help prevent bullying and to support pupils when being bullied.

➢ 8% (20 pupils) said they had been bullied 'a lot' in school in the last 12 months

➢ 3% (8 pupils) said they had been bullied 'a lot' out of school during the last 12 months

➢ Of the 89 pupils who said they had been bullied in school in the last 12 months, 31 had stayed away from school because they were bullied and 35 said they had seen 'a lot' of bullying in school in the last 12 months.

➢ In relation to Cyberbullying specifically, almost half the sample had been 'threatened using technology in the past 6 months' and nearly two thirds had been 'left out, had rumours spread about them, or friends falling out for no reason'

➢ However, a clear majority agreed that 'cyber-bullying is not exciting', 'not funny' and that they would feel guilty if they cyber-bullied someone.

Youth Council Community Survey

In November 2010 the Youth Council designed a questionnaire[1] to find out what was important to young people in Bracknell Forest. The majority (70%) of the young people who completed the survey were aged between 14 -16 years.

The top five 'most important' issues identified by young people in the 216 surveys that were completed, were[2]:

➢ Make it easier for children and young people with disabilities to get the support they need.

➢ **Do more to try and prevent bullying.**

➢ **Help children and young people to feel safe in and out of school.**

➢ Make sure that all schools help children to do their best.

➢ Make sure young carers receive the help they need.

Over half of respondents (58%) said it was *'very important'* to do more to try and prevent bullying, with almost a third (32%) rating it as *'fairly important'*.

Children and Young People's Event

Following on from the Community Survey an event was held in January 2011 for children and young people to consider the five issues above which they had identified as being important to them.

The Youth Council planned and facilitated the event. 70 young people ranging in age from year 6 to year 11 attended and participated in the exercises and discussion, this included a group of pupils from our Special School.

Full details of the event are published in the Children and Young People's Plan. The feedback from the young people relating specifically to preventing bullying is shown below.

It was clear from the question that bullying is still very high on young people's list of worries, and that it is not necessarily restricted to bullying in school. Cyber bullying is a very high priority for them which was very evident in the table discussions.

Some very useful and practical solutions were put forward by the young people but it is clear that awareness raising, consideration of the impact of bullying and appropriate support for young people is important in addressing these issues.

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[1] Based on the priorities that had been identified at that time in the Children and Young People's Plan.
[2] Based on 'scores' given to individual questions.

Links to other Plans and Partnerships

The activities of the Anti-Bullying Group and the priorities set out in this Anti-Bullying Strategy are linked with a variety of other plans and partnerships throughout the Borough.

The **Bracknell Forest Partnership** brings together agencies that deliver public services (local councils, police, fire and rescue service and local health services) with businesses and people that reflect voluntary organisations and the community. It has established a long-term vision for the Borough which is set out in the Sustainable Community Strategy *'Living Together, Working Together'*. The Bracknell Forest Partnership has a single purpose: to improve the quality of life for local people.

The priority in the Sustainable Community Strategy '*Nurturing the next generation'* is of particular relevance to achieving outcomes for children and young people.

The **Children and Young People's Partnership** is one of a number of themed partnerships which sit under the Bracknell Forest Partnership and support the delivery of the priorities in the Sustainable Community Strategy. In its joint strategic plan 2011-2014 *'Creating Opportunities'*, the Partnership identifies 4 Outcome Priorities and 6 Underpinning Priorities to improve outcomes for children and young people. These will be achieved through a range of plans and strategies, one of which is the Anti-Bullying Strategy.

Of particular relevance for Anti-Bullying work is Outcome Priority 3 '*Safeguard and Protect Children and Young People'.* This Anti-Bullying Strategy will directly address the requirement to *'Address bullying in all forms, including cyber-bullying and identity-based bullying',* whilst also contributing directly and indirectly to delivering other priorities in the plan, such as reducing incidences of domestic violence, supporting vulnerable groups, promoting effective prevention and early intervention and improving emotional health and wellbeing.

In addition to the **Children and Young People's Partnership** the Anti-Bullying Group has links with the **Local Safeguarding Children Board** **(LSCB)** which is a statutory partnership responsible for securing the effectiveness of local safeguarding arrangements for children and young people in Bracknell Forest. The ABG also works with the **Domestic Abuse Forum for East Berkshire** to explore links between bullying behaviour and domestic abuse. There are also working links with the **Community Safety Partnership** (CSP) which is responsible for ensuring that Bracknell Forest remains one of the safest places to live and work in Berkshire and its **E-safety sub-group**, specifically in the area of cyberbullying.

Equalities

All services and activities in this Strategy are subject to public sector equality duty provisions which came into force in April 2011. The Council has a general duty to pay due regard to:

- Advancing equality of opportunity.
- Eliminating discrimination, harassment and victimisation.
- Fostering good relations.

This ensures that when we are planning and delivering support to children, young people and families we take into account any additional needs that they may have and take steps to ensure they are not disadvantaged as a result.

We believe this Anti-Bullying Strategy demonstrates that we have recognised that when supporting children and young people due to bullying, there will be a range of additional needs that will require extra support in improving outcomes for that child.

The Strategic Priorities

Children should be safe from bullying and choose not to bully others

Our Underpinning Principles for Success

The 10 principles below determine our approach to tackling bullying and are the essence of how the Anti-Bullying Group works in Bracknell Forest. The principles are based on responses from parents/carers and children and young people, feedback from local consultations and workshops and guidance from government and recognised leaders in this field of work. These were included in the previous Strategy and Action Plan and we continue to recognise these as contributing to tackling bullying behaviour effectively.

- ✓ **Everyone working together**

- ✓ **Effective intervention**

- ✓ **Starting early**

- ✓ **Promote rights, respect and responsibility**

- ✓ **Support for parents**

- ✓ **Work both with those who bully as well as those who are bullied**

- ✓ **Be open to suggestions**

- ✓ **Involve and listen to children and young people**

- ✓ **Work with parents**

- ✓ **Be positive and don't give up**

Delivering the Strategy

The Strategy is intended to improve the situation in respect of bullying for our children and young people so that they can feel safe and happy and enjoy living here and learning in Bracknell Forest.

We want to give them the best possible chance of reaching their potential and being happy. We want to create a safe, friendly, respectful community here in Bracknell Forest. Everyone has a part to play, be they children or young people, parents or carers, school staff, or those who provide professional or voluntary sector services.

The Anti-Bullying Group is a multi-agency group which works with others locally and nationally to prevent and deal with bullying and to promote positive friendship and respect. The Local Authority approved and endorsed the 2008 -10 Strategy. The Anti-Bullying Group will produce an annual report for the Children and Young People's Partnership and the Local Safeguarding Children Board together with a quarterly progress report to ensure that the Strategic priorities in the Updated 2011–2014 Plan are implemented. An Annual Action Plan will provide specific detail of how and when these Strategic Priorities will be met. Each of these will run over an academic year starting September 2011 and will be available for download at:

www.bracknell-forest.gov.uk

Delivering these priorities in the plan will be dependent on ensuring adequate resources are allocated to the task. The continued support and ongoing work of the Anti-Bullying Group, supported by a pro-active Anti-Bullying Lead within the Local Authority will be vital to the success of this work. Schools, partner agencies and the Local Authority will need to "Take Action Together" to implement the Strategy and make a difference for children and young people.

Strategic Priority One – Information Gathering

Work with schools, partners, children, young people and parents/carers to gather information and manage data collected

Action 1:
Record, monitor and analyse reports of bullying locally including by type of bullying behaviour and outcome wherever possible.

Outcome 1:
Tracking trends will support us to identify priority areas, focus support and highlight vulnerable groups[3] experiencing high levels of bullying. In addition this will create a comparable and robust method of monitoring bullying incidences.

Action 2:
Continue to consult with children and young people on bullying issues in a variety of innovative and interactive methods including the use of technology. This will also involve them in evaluating the effectiveness of strategies and approaches to dealing with bullying.

Outcome 2:
This will enable us to understand the perception and the actual level of bullying in Bracknell Forest. In addition young people play an active part in reviewing and developing effective strategies and approaches to dealing with bullying.

Action 3:
Report data to relevant partnerships to inform future strategic planning. An annual report will be distributed to various partnerships with an interest.

Outcome 3:
Contribute to a strong and inclusive partnership approach with local issues raised across partnerships in a high profile forum.

Action 4:
Introduce an Anti-Bullying Kite Mark for schools and organisations which will recognise their efforts in tackling bullying effectively.

Outcome 4:
Schools and other organisations are supported to achieve high quality practice in their approach to anti-bullying work. Bracknell Forest Anti-Bullying Group recognising and rewarding excellence in local anti-bullying practice.

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[3] Groups of children and young people particularly vulnerable to bullying might include: Looked After Children, Children with learning difficulties or disabilities, young carers, children from ethnic minority backgrounds, children living in poverty and young people of different sexual orientation and gender identity.

Strategic Priority Two – Preventing and Tackling Bullying

Empower schools, partners and the wider community to respond to bullying behaviour

Action 1:
Build on the existing wide range of anti-bullying resources available to protect vulnerable groups and promote to users.
Outcome 1:
Schools and other settings better equipped to tackle bullying effectively in innovative and engaging methods.

Action 2:
Develop tailored training packages for a range of audiences including children, young people, partner agencies, school staff and parents/carers designed to build skills and knowledge of preventing and tackling bullying behaviour.
Outcome 2:
Raised awareness of bullying issues and individuals empowered to take an active role.

Action 3:
Support "Safe to Learn" school co-ordinator network meetings and inter-school training for Peer Mentors in secondary schools.
Outcome 3:
Peer Mentors are confident and comfortable to support others and new mentors are recruited and trained each year, ensuring sustainability.

Action 4:
Support schools and others to educate children and young people about identity-based bullying, equality issues, respect and understanding.
Outcome 4:
Children and young people's awareness of identity-based bullying and its effects is raised. A culture of respect and understanding is promoted and evident.

Action 5:
Offer advice and/or short term and intensive interventions for individuals or groups of children and young people experiencing difficulties. Involve parents, schools and other agencies to work together to find solutions.
Outcome 5:
Schools and partners tackle bullying issues holistically and children and young people are supported effectively to overcome bullying as a barrier to improving their outcomes.

Action 6:
Work with leading national organisations such as Stonewall and the Anti-Bullying Alliance and initiatives such as the UNICEF Rights Respecting Schools Award, sharing good practice with schools, partners and the wider community.
Outcome 6:
Bracknell Forest and partners/schools working to national standards and frameworks and embedding best practice.

Strategic Priority Three – Addressing Bullying with the Local Community

Ensure the wider involvement of partner agencies, the voluntary sector and the local community to tackle bullying

Action 1:
Secure partner representation and the involvement of children, young people and parents/carers on the Anti-Bullying Group.

Outcome 1:
Clear lines of communication on the on-going work and current guidance to these groups to raise awareness and encourage best practice.

Action 2:
Work with partner agencies, voluntary sector and the community to provide accessible training, workshops, consultations and events with a focus on supporting vulnerable children and young people.

Outcome 2:
Raised awareness of specific bullying issues and how to respond to them effectively in community settings.

Action 3:
Raise the profile of anti-bullying events and initiatives in all their forms to the local community in a variety of media.

Outcome 3:
An increased awareness and accurate understanding of issues is communicated to the local community, encouraging their support in anti-bullying work.

Conclusion

For young people in Bracknell Forest, bullying is a very real issue that they have highlighted as a key area on which to focus work and support. The Strategic Priorities in this plan have been developed to effectively raise awareness and tackle bullying in all its forms, whilst also collating multiple sources of information and data to use for assessment, evaluation and future planning.

Our three key priorities are to:

- Work with schools, partner agencies, children, young people and parents/carers to gather information and manage data collected.

- Empower schools, partner agencies and the wider community to respond to bullying behaviour.

- Ensure the wider involvement of partner agencies, the voluntary sector and the local community to tackle bullying.

To enable us to achieve better outcomes, we will work with recognised leaders and national organisations and initiatives to embed best practice and develop new and innovative ways to meet the needs of our children and young people to support them effectively.

All children and young people have the right to enjoy and thrive at school so that they can take advantage of the opportunities open to them to reach their full potential. Bullying destroys the self confidence of those it affects and blights their school years. In Bracknell Forest we work together to raise awareness of bullying and to tackle it in all its forms.

As Executive Member for Children and Young People, I welcome and fully support this plan and the actions proposed. Bracknell Forest is a borough of opportunities and helping our children and young people to achieve and be a part of it is very important to me and my fellow councillors.

Dr Gareth Barnard
Executive Member for Children and Young People

If you have any feedback or comments on 'Taking Action Together' please email
antibullying@bracknell-forest.gov.uk

Appendix 1 - Organisations and Resources

Bracknell Forest Anti-Bullying Group
01344 353317
www.bracknell-forest.gov.uk

Anti-Bullying Alliance
An alliance of many anti-bullying organisations which produces bulletins of the latest information and research together with materials for national Anti-Bullying Week in November each year. www.anti-bullyingalliance.org.uk

Beatbullying/Cyber mentors
Beatbullying works with children and young people across the UK to provide them with all important opportunities to make positive and lasting changes to their lives and outlook.
www.beatbullying.org

Berkshire Women's Aid
0118 9504003
Working throughout Reading, Bracknell Forest ,Wokingham and West Berkshire to support victims of domestic abuse (male and female) through outreach and advocacy, resettlement and refuge (women only) services
www.berkshirewomensaid.org.uk

Bracknell Forest Council – Domestic Abuse Advice
www.bracknell-forest.gov.uk/domesticabuse

Bullying Today
A Report by the Office of the Children's Commissioner with recommendations and links to practitioner tools
www.childrenscommissioner.org

Bullying around racism, religion and culture
How to prevent it and what to do when it happens. Available from
http://www.teachernet.gov.uk/wholeschool/behaviour/tacklingbullying/racistbullying/

Childline 0800 1111
Telephone help and advice line. Also on line support and information sheets for parents, teachers, children and young people.
www.childline.org.uk

Childnet International 0207 639 6967
A range of resources for primary and secondary schools, for children and young people, for teachers and for parents to prevent cyberbullying and encourage appropriate use of technology.
www.childnet-int.org

Department for Education
http://www.education.gov.uk/

Digizen
Website for young people and schools. Digital citizenship isn't just about recognising and dealing with online hazards. It's about building safe spaces and communities, understanding how to manage personal information, and about being internet savvy
www.digizen.org

11 Million (Office of the Children's Commissioner) Tel 0844 8009113
Looks after the interests and acts as the voice of children and young people by exposing issues affecting young people, facilitating and provoking debate, influencing policy, and holding organisations to account.
www.11million.org.uk

Information, Advice and Support for Young People
Advisers are available to offer information, advice and support on a range of issues to 13-19 year olds between 8am and 2am every day.
https://www2.cxdirect.com/home.htm

National Children's Bureau
Promotes the voices, interests and well-being of all children and young people across every aspect of their lives.
www.ncb.org.uk

National Domestic Violence helpline (24 hour)
0808 2000247
Women's Aid is the national domestic violence charity that helps up to **250,000** women and children each year. They work to end violence against women and children, and support over **500** domestic and sexual violence services across the country. Visit the website to download the Expect Respect toolkit for use in schools and youth settings.
www.womensaid.org.uk

National Society for Prevention of Cruelty to Children (NSPCC)
Aims to end cruelty to children. Works with children and families as well as influencing public policy and attitudes.
www.nspcc.org.uk

Stonewall
working for equality and justice for lesbians, gay men and bisexuals.
www.stonewall.org.uk/

UNICEF Rights Respecting Schools Award
A national programme in which children/young people learn about the UN Charter for the rights of the child and the implications those rights have for the way we live as citizens in school and beyond.
http://www.unicef.org.uk/rrsa

Youthline
This local counselling service provides the opportunity for young people to share anxieties, issues and problems.
http://www.youthlinecounselling.co.uk

Mobile Phone Apps

Bully Stop
Bully Stop is a mobile phone application that helps you and your children stop bullies from contacting them on their mobile phone.
This app works on a wide range of phones, full list available on website. The App costs €20 and is available at http://www.vmad.com/joomla/

Android Bully Block
Similar to Bully Stop. Only available on Android phones.
The App costs £0.79 and is available on the Android Marketplace.

Bully Shield
Available on iPhone/iPad. Bully Shield provides research-based solutions that will reduce the chance of your child being bullied and give you concrete steps to take if your child is being bullied. Available from the Apple App Store.

Disclaimer: Bracknell Forest Council is not responsible for the contents of websites or products offered by external organisations.

Appendix 2 - Extracts from Tellus4 survey 2009

(NB red shading denotes Bracknell Forest is 'significantly different at the 5% level'):

8. How safe do you feel…..going to and from school?

	Bracknell Forest	National	Statistical Neighbours
Very safe	35%	44%	43%
Quite safe	48%	44%	46%
A bit unsafe	13%	9%	8%
Very unsafe	3%	2%	2%
Don't know	1%	1%	1%

19a. 'Have you ever been bullied at school?'

	Bracknell Forest	National	Statistical Neighbours
Yes	52%	46%	49%
No	48%	54%	51%

19b. 'Have you been bullied at school….?'

	Bracknell Forest	National	Statistical Neighbours
In the last year	24%	26%	24%
In the last six months	8%	9%	10%
In the last four weeks	18%	18%	17%
I was bullied more than 1 year ago	49%	48%	50%

NB % based only on the 52% who replied Yes to Q19a

20a. 'Have you ever been bullied when you are not in school (including on your journey to school)?'

	Bracknell Forest	National	Statistical Neighbours
Yes	27%	21%	21%
No	73%	79%	79%

20b. 'Have you ever been bullied when you are not in school (including on your journey to school)…..?'

	Bracknell Forest	National	Statistical Neighbours
In the last year	21%	30%	28%
In the last six months	21%	15%	15%
In the last four weeks	27%	24%	25%
I was bullied more than 1 year ago	30%	31%	32%

NB % based only on the 27% who replied Yes to Q20a

21. How well does your school deal with bullying?

	Bracknell Forest	National	Statistical Neighbours
Very well	21%	25%	22%
Quite well	31%	33%	35%
Not very well	16%	15%	16%
Badly	9%	11%	12%
Bullying is not a problem in my school	8%	4%	3%
Don't know	14%	12%	12%

N.B. At the current time it appears unlikely that national Tellus surveys will be conducted in the future.

Appendix 3 - Extracts from Y9Online survey 2010

Q9	*Tick which of these things you know your school has or does to prevent bullying or to support children and young people who are bullied.*								
		No		*Yes*		*Don't know*		*No reply*	
		No.	*%*	*No.*	*%*	*No.*	*%*	*No.*	*%*
	School Anti-Bullying Policy	33	13%	112	44%	105	41%	5	2%
	Assemblies about bullying	13	5%	218	86%	21	8%	3	1%
	Classroom lessons about bullying	68	27%	132	52%	50	20%	5	2%
	Staff take bullying seriously	32	13%	169	66%	51	20%	3	1%
	The school takes action against homophobic bullying	55	22%	85	33%	111	44%	4	2%
	The school takes action against racist bullying	19	8%	170	67%	62	24%	4	2%
	Posters or leaflets around the school	53	21%	149	58%	49	19%	4	2%
	Playground work	91	36%	92	36%	68	27%	4	2%
	Peer supporters, buddies, befrienders, mentors	36	14%	171	67%	44	17%	4	2%
	Counselling	41	16%	116	46%	94	37%	4	2%

Q12	*Have you been bullied in school in the last 12 months?*		
		No.	*%*
	No	166	65%
	Yes, a little	67	26%
	Yes, a lot	20	8%
	No reply	2	1%

Q16	*Have you ever stayed away from school because you were bullied?*		
		No.	*%*
	Yes	31	35%
	No	56	63%
	No reply	2	2%

Q17	*Have you seen any bullying in school in the last 12 months?*		
		No.	*%*
	No	9	10%
	Yes, a little	43	48%
	Yes, a lot	35	39%
	No reply	2	2%

Q27	*Have you ever experienced being called nasty names or been threatened using technology in the past 6 months?*		
		No.	*%*
	Yes	104	41%
	No	146	57%
	No reply	5	2%

Q28	*Have you been left out, had rumours spread about you, or friends falling out with you for no reason?*		
		No.	*%*
	Yes	159	62%
	No	91	36%
	No reply	5	2%