



ST JOHN'S COLLEGE  
Cardiff

### **Anti-Bullying Information**

At St John's College, we constantly strive to educate our pupils regularly about the wrongs of bullying behaviour, and instead aim to recognise the value that we should have for each other. We understand that to provide an anti bullying culture requires us to be consistent in our approach, therefore, we ensure that the message is not only discussed in the classroom, assemblies and form time but also in the playground and within co-curricular activities.

We continue to have a focus during 'Anti Bullying Week' each November as it gives the College the opportunity to check in with our students and discuss the feelings that someone who is being bullied has and how bullying behaviour can affect so many parts of a student's life.

As a College, we have recently launched the 'Tell Me' app which gives our students the opportunity to tell us if they have a worry or concern about a fellow pupil. We understand that standing up to bullying behaviour can be extremely difficult and we believe that this anonymous reporting tool can help to bring about change and awareness of bullying behaviour.

We also want to work with students who display bullying behaviour and learn the reasons why. To change things for the better we need to offer help and support and let our pupils know that there are other options and other ways of doing things.

We hope that parents will work to support the College by having open conversations at home surrounding bullying and if you would like to discuss anything that leads from these conversations, please do not hesitate to contact me.

I have listed links to several websites that can also support your conversations regarding this very important subject - they can be found below.



## **Information about Bullying**

### **Tell Me**

A practical, online platform for our pupils to anonymously share information with key members of staff regarding a student they are worried about. You may notice a pupil being isolated, receiving unkind behaviour or generally looking sad. The Tell Me App is a confidential, anonymous service which helps you to help others. Pupils can access Tell Me via a QR code in their diaries or a dedicated computer in the school's reception area.

### **Bullies Out**

Bullying behaviour affects over 1.5 million of the UK's children and young people every year and being bullied is something that no-one should have to go through. Anyone can be bullied and it's not always easy to recognise if it is happening to you. The information here will help you understand more about bullying behaviours and what to do if affected by them.

<https://bulliesout.com/>

### **Ditch the Label**

The [Bullying Support Hub](#) provides lots of resources and tips if you are affected by bullying.

### **Brook**

Information from [Brook](#) on how online bullying can make you feel and how to overcome it.

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