



Newsletter

Bullying

We want to give you some advice on the issues we know are important to young people and unfortunately bullying is still something that lots of young people worry about.

There are many types of bullying such as cyber, physical, emotional, and verbal.

Bullying can be a one-time occasion or happen several times and should always be taken seriously.

Anyone could be bullied for many things, such as religion, race, appearance, sexual orientations, music

taste, dress sense, or how much money someone has or doesn't have.

What should you do?

If you feel that you or anyone you know is being bullied you should always tell a trusted adult such as a parent or carer, teacher, or youth worker.

You could talk to someone anonymously at Childline on 0800 11 1 1 or go to www.kooth.com to speak with a counsellor online.

Hate Crime

The following types of bullying are also hate crimes:

- racial, sexual, transphobic, or homophobic bullying
- bullying someone because they have a disability.
- Bullying someone because of their gender, gender identity, sexuality, religious beliefs, race, skin colour or because they have a disability, is hate crime and against the law.

What should you do?

If this is happening to you or a young person you know, you or the young person can report it online. You or your parent can also contact the police by phone. Always call **999** if someone is in immediate danger, or call 101 at other times.

Find out more at www.gov.uk/report-hate-crime



Sexting

We know that sexting and the sending of inappropriate images and messages is a problem for lots of young people.

Sending or saving images of people under the age of 18 doing sexual things is illegal and considered child pornography, even if sent to someone your own age.

What should you do?

If you are receiving unwanted messages, you must immediately report the account or person on the social media you are using. You should also tell a trusted adult such as a parent, carer, youth worker, or teacher.

If you feel under pressure to send someone a nude or sexual photo of yourself, please don't. Once you have sent the photo, you won't be able to take it back and someone may put it online or share it, even if you think you can trust them. Always tell a parent or carer, teacher or youth worker if someone is putting you under pressure to do something that makes you feel uncomfortable.

You can talk to an adult anonymously at Childline on 0800 11 11 and get advice or go to www.kooth.com

Sexual exploitation

What is it?

Child sexual exploitation (CSE) is a type of abuse.

When a child or young person is exploited, you might be given things, like gifts, drugs, money, status and affection, in exchange for performing sexual activities.

You could be tricked into believing that you're in a loving and consensual relationship. This is called grooming. You may even trust your abuser and not understand that you're being abused.

CSE can happen in person or online. An abuser could gain your trust or control you through violence or blackmail before moving onto sexually abusing you. This could happen in a short period of time.

Are you being sexually exploited online? Are you being forced (or strongly persuaded) to do any of the things below?

- send or post sexually explicit images of yourself
- film or stream sexual activities
- have sexual conversations that make you uncomfortable

Once an abuser has images, video or copies of conversations, they might use threats and blackmail to force you to take part in other sexual activity. They may also share the images and videos with others or circulate them online.

What should you do?

If this is happening to you, always tell an adult you trust such as your teacher, parents or carer, youth worker, or social worker and ask them to contact the police with you. Remember that you won't be judged and will be supported by staff and police. Find out more at www.nspcc.org.uk or www.thinkyounow.co.uk



Sexual Harassment

Peer on peer sexual harassment can sometimes be a problem.

This can affect any young person, regardless of gender identity.

What is it?

Sexual harassment means unwanted conduct of a sexual nature. It can occur online and offline, and could include any of the following:

- Sexual comments, such as telling sexual stories, making lewd comments,
- making sexual remarks about clothes and appearance, and calling someone
- sexualised names
- Sexual "jokes" or taunting
- Physical behaviour, such as deliberately brushing against someone, interfering with someone's clothes, and displaying pictures, photos, or drawings of a sexual nature
- Online sexual harassment, which may be standalone or part of a wider pattern of sexual harassment and/or sexual violence. This may include the following:
 - Sending you sexual images and videos
 - Sexualised online bullying
 - Unwanted sexual comments and messages, including on social media
 - Sexual exploitation, coercion and threats.

The NSPCC have dedicated helpline for children and young people who have experienced sexual harassment or abuse at school, and for worried adults and professionals that need support and guidance.

Contact NSPCC: 0808 800 5000

We hope you have found this newsletter helpful. Remember you can contact any of the organisations listed in this newsletter at any time, so you are not alone. They can also help you with any other things you might be worried about such as stress or sadness. They are all used to working with young people and will never judge you.

We hope you have a safe and happy summer.