



United Learning Trust
The best in everyone™

Bullying is **not tolerated** at **Shoreham Academy**

What is bullying?

Where someone is being singled out and tormented. It is frequent, deliberate and repetitive over a period of time. It can be verbal, physical or cyber.

What we tell our students about bullying

- a) Everyone has a right to be safe and feel safe
- b) No one needs to 'put up' with being bullied
- c) It is not your fault if you are bullied
- d) Ask for help!
- e) Never give up – if the bullying does not stop, continue to get help and support

What can you do if you feel you are being bullied or know someone who is?

- Tell your Mentor or Pastoral Manager
- Visit the Shoreham Academy Website for details on how to text, email or phone for help at school - go to 'Students' then 'Bullying'