

## Personal Development at Helston Community College

### Anti-Bullying – Statement of Awareness

HELSTON COMMUNITY COLLEGE

ASPIRATION • AMBITION • ACHIEVEMENT



Part of the  
Truro and Penwith  
**Academy Trust**

### Helston Community College's Anti-Bullying Mission Statement

*We, the students and staff of Helston Community College, stand united in our quest to deplore all types of bullying and discrimination and any behaviour that encourages it. We aim to provide support and guidance for both victims and perpetrators of bullying as well as sanctioning where necessary, but ultimately to eliminate bullying in its earliest stages in order to ensure all members of our College feel protected.*

#### What is Bullying?

Bullying is repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

#### What are the different types of Bullying?

**Verbal** – The repeated negative use of speech, sign language or verbal gestures to intentionally harm (hurt) others. E.g., swearing, offensive language, discriminatory language.

**Indirect** – Repeated negative actions which are neither verbal or physical to intentionally hurt others. E.g., isolating someone from a group, damaging/taking somebody's property, physical intimidation.

**Physical** – Repeated negative use of body contact to intentionally hurt others. E.g., punching, kicking, spitting at someone, pushing, poking, biting, pinching.

**Cyberbullying** - The use of electronic communication to bully a person. E.g., flaming/trolling, catfishing, outing/exposing, cyber stalking, exclusion, online sexual harassment, denigration.

**Sexual** – Repeated unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.

#### Anti-Bullying Ambassadors

The Anti-Bullying Ambassadors are a team of students in years 9-11 who have been trained by The Diana Award Anti-Bullying Campaign. Their role is to help educate their peers on bullying, lead on anti-bullying campaigns, promote a culture which celebrates and tolerates differences and help keep their peers safe both online and offline. The programme is designed to equip students and staff with the tools needed to tackle bullying behaviour head on and transform Helston Community College's approach to Anti-Bullying to create a safer, kinder college community. The programme is lead by students, who are leading our campaigns in college.

Since launching the team in September 2022, we have already received a number of positive feedback including in our recent Ofsted report.

*The relationships between staff and pupils are very strong. Pupils feel cared for and well supported. Pupils state that bullying is rare and staff resolve it when it occurs. The anti-bullying and kindness ambassadors are very well organised and support pupils if they have any concerns.*

### **How do Anti-Bullying Ambassadors educate on Bullying in College and the Community?**

At Helston Community College, we the Anti-Bullying Ambassadors take Bullying seriously. We educate our peers through several different ways. At the beginning of the school academic year, we go into Year Group Assemblies and outline that we do not tolerate any form of bullying in our college to remind students not to bully and tell them the consequences of their actions. We are also educating on bullying by hosting events like Odd Sock Day, as well as having Parents/carers Bullying Awareness sessions, so parents and carers know how to help and support their child if any bullying situation arises. We are also presenting presentations to local primary schools to try and educate them from a younger age that bullying is not acceptable and when they arrive at Helston Community College, they know that it is not acceptable. We have even more ideas and have weekly meetings to discuss any further projects and events. To see a more detailed plan of what we have instore to educate on bullying please see our page on our Awareness Journey for 2022/23.

### **Who to contact if you or someone else is being bullied?**

At Helston Community College, all staff members have undergone thorough Anti-Bullying Training, and know how to respond and deal with bullying situations. We have a wide range of student support from the Pastoral Support Assistants and Champions whose purpose is to make sure students are well and are happy both inside school and out. As well as our Anti-Bullying Ambassadors who are available every lunchtime in **Meeting Room 1 on South Site** to help support students who are experiencing bullying behaviours.

If you believe that your child is experiencing bullying behaviour please contact one of the team below who will get back in touch with you in a matter of urgency to discuss the matter further.

### **Key Contacts for Anti-Bullying:**

Mrs M Mugford – Assistant Headteacher – [MMugford@helston.cornwall.sch.uk](mailto:MMugford@helston.cornwall.sch.uk)

Mr A Oates – Designated Safeguarding Lead – [AOates@helston.cornwall.sch.uk](mailto:AOates@helston.cornwall.sch.uk)

Mrs C Price – Deputy Designated Safeguarding Lead – [Cprice@helston.cornwall.sch.uk](mailto:Cprice@helston.cornwall.sch.uk)

Mr J Dudley – Year 7 Lead Teacher & Transition – [JDudley@helston.cornwall.sch.uk](mailto:JDudley@helston.cornwall.sch.uk)

Adam (Post-16 Student) – KS5 Vice-President & Anti-Bullying & Kindness Ambassadors Team Lead

Mrs J Marsh – Pastoral Support Assistant (Y7) – [JMarsh@helston.cornwall.sch.uk](mailto:JMarsh@helston.cornwall.sch.uk)

Mrs A Dyer – Pastoral Support Assistant (Y8) – [ADyer@helston.cornwall.sch.uk](mailto:ADyer@helston.cornwall.sch.uk)

Mrs K Breasley – Pastoral Support Assistant (Y9) – [KBreasley@helston.cornwall.sch.uk](mailto:KBreasley@helston.cornwall.sch.uk)

Mrs S Asbridge – Pastoral Support Assistant (Y10) – [SAsbridge@helston.cornwall.sch.uk](mailto:SAsbridge@helston.cornwall.sch.uk)

Mrs L Cameron – Pastoral Support Assistant (Y11) – [LCameron@helston.cornwall.sch.uk](mailto:LCameron@helston.cornwall.sch.uk)

Mrs N Williams – Student Welfare Officer (Post-16) – [NWilliams@helston.cornwall.sch.uk](mailto:NWilliams@helston.cornwall.sch.uk)

## **Reporting Bullying Behaviour Outside of School**

Outside of school, there are plenty of organisations who are specialists in helping in bullying situations. Please see below some links what will take you directly to their website:

- [Anti-Bullying Alliance](#)
- [Bullying UK](#)
- [Childline](#)
- [The Diana Award](#)
- [Internet Matters](#)
- [Kidscape](#)
- [The UK Safer Internet Centre](#)
- [UK Council for Child Internet Safety \(UKCCIS\)](#)

## **E-Safety**

We believe that as students at Helston Community College, we need to know the knowledge, skills and tools to understand and harness the power of the Internet. When you use the Internet in school, you and your parents can be assured that through our security and filtering technologies, your browsing will be safe and secure. However, when you are browsing the Internet at home, things may not be as safe and secure.

Make sure you know the **SMART** rules:

**S - SAFE:** To keep safe online, don't give out your personal information - full name, email address, phone number, home address or school.

**M - MEETING:** Meeting someone you have met online can be dangerous. Only meet if your parents or carers agree and they can be with you.

**A - ACCEPTING:** Accepting emails and messages from people you don't know can be risky, especially if they have attachments - they can contain viruses or nasty messages.

**R - RELIABLE:** Information you find on the internet may not be reliable, and people may not be who they say they are.

**T - TELL:** Tell your parent, carer, anti-bullying ambassador, or an adult you trust if something makes you feel worried or if you know someone is being bullied online.

If you are concerned about something that may have happened while online, you can now report it to the Child Exploitation and Online Protection Centre. You are doing the right thing and by taking this action you may not only help yourself but also help make other people safer as well.

If you are being bullied online, please contact a key team member above who will get in touch with a matter of urgency to discuss your concern further, or you can talk to a member of the Anti-Bullying Ambassadors who are trained to deal with online bullying. Below are some web sites about Internet safety that you might find useful.

[Net Aware](#)

[Think You Know - for students](#)

[Kid Smart](#)

[Get Safe Online](#)

The Anti-Bullying Ambassadors educate students and the community on E-Safety by presenting assemblies to the college as well as local primary schools, making tutor time activities to help support the colleges PSHE programme, getting guest speakers in to talk about their experiences as well as having guest speakers in college speaking about the dangers of social media. Also, the ambassadors will be making videos on the dangers of social media and help and support to students experiencing cyberbullying.

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# Anti-Bullying & Kindness Ambassadors

## Our Mission Statement

At Helston Community College, we are committed to ensuring that we, the students, and staff, stand united in our quest to deplore all types of bullying and discrimination and any behaviour that encourages it. We aim is to provide support and guidance for both the victims and perpetrators of bullying as well as sanctioning where necessary, but ultimately to eliminate bullying in its earliest stages in order to ensure all members of our college feel protected.

In order to do this, we have a dedicated team of Anti-Bullying Ambassadors (Years 9-11) who have been trained by The Diana Award whose job it is to intervene and stop bullying situations in their earliest stages between their peers and promoting that bullying is not acceptable in our college and community, as well as having dedicated trained staff who know how to deal with bullying situations.

We also have introduced the Kindness Ambassadors (Years 7 & 8) whose job it is to promote kindness and positivity to their dedicated year groups and the college. They also work alongside the Anti-Bullying Ambassadors to help promote that bullying is not acceptable.

If you are being bullied or know someone who is bullying someone, please contact a member of the Anti-Bullying Ambassador Team. And if you require any more information, please don't hesitate to contact one of the Anti-Bullying Key Contacts:

**Mrs M Mugford – Assistant Headteacher –**  
**[MMugford@helston.cornwall.sch.uk](mailto:MMugford@helston.cornwall.sch.uk)**

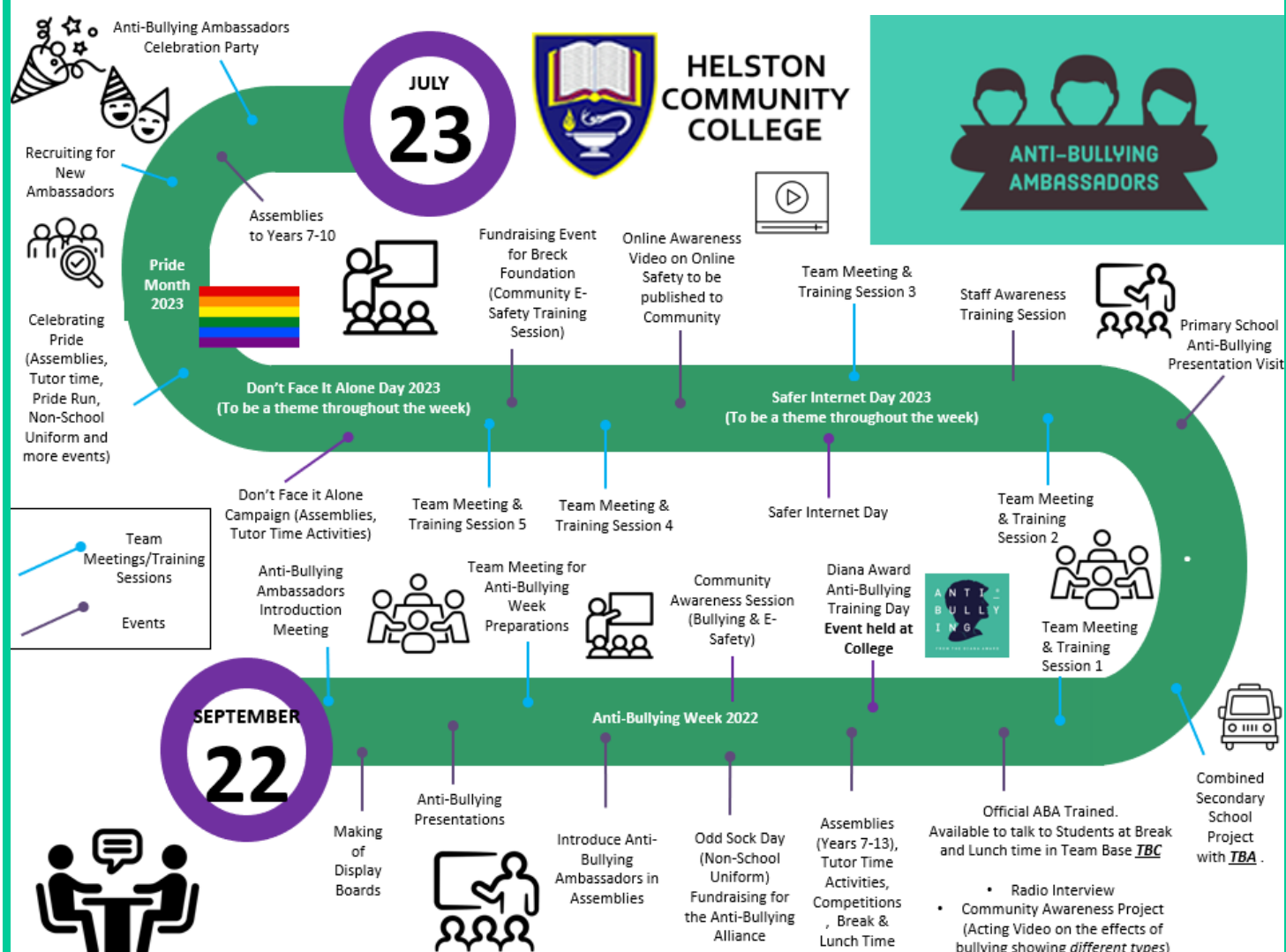
**Adam (Post-16 Student) – KS5 Vice-President and Anti-Bullying & Kindness Ambassadors Team Lead**

# Anti-Bullying Ambassadors Awareness Journey

## Anti-Bullying Ambassadors Awareness and Progression Journey 2022/23

At Helston Community College, we the Anti-Bullying Ambassadors take our role in educating bullying seriously. At the beginning of the year, we come together and plan different events and activities to show and educate people that we will not tolerate bullying in our college and community. Below is just some of the ideas that we are going to be completing on our awareness journey but keep an eye on our social media channels and school website for more details and events that we have planned.

### Awareness & Progression Journey '2022/23'



For any more information, please contact Assistant Headteacher Mrs Mugford at [MMugford@helston.cornwall.sch.uk](mailto:MMugford@helston.cornwall.sch.uk)

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On Wednesday 29 November, Mrs Mugford, Miss Stringer and the Anti-Bullying Team took part in official, accredited training from The Diana Award. As a College we hosted the event for 8 other Cornish secondary schools. Students took part in a range of activities to gain knowledge and understanding of types of bullying behaviour and how to tackle these. These students are now official Anti-Bullying Ambassadors. **The BBC Spotlight broadcast covered this event!**

# ANTI-BULLYING WEEK

14 - 18 NOVEMBER 2022



As part of 'Anti-Bullying Week' the College has held many activities and events to raise awareness of Anti-Bullying. On Monday, we held our first ever Odd Sock Day which was to celebrate what makes everyone unique. All the students really enjoyed themselves and got really creative! Then on the Tuesday we held a Community Awareness Session where parents/carers were invited into the College to learn about different types of bullying, the support available both inside and outside of College. They also met some of our Anti-Bullying Ambassadors. The event proved really useful, and we can not wait to do another session in the near future. We also held assemblies for all year groups across the week led by our Year 13 students Sadie and Adam.

In these assemblies, they covered what is bullying, the different types of bullying, how to reach out, and also what we are doing for Anti-Bullying Week. We had a variety of tutor time activities, from a teacher awareness video, to looking at different bullying scenarios and discussions around these. We also launched our new student support room where students at lunchtimes can go and speak to a member of the Anti-Bullying Ambassadors

team for support and guidance. Kindness Tokens were given out by the Ambassadors when they saw a student being polite, kind or positive which then accumulated into a Praise Point. Lunchtime activities also took place every day where students had the opportunity to get involved with: Kindness Rocks, Reaching Out Hands and Pledge Shields. We will be continuing to do these activities every lunchtime in the Anti-Bullying Room (Meeting Room 1 on South Site). Anti-Bullying & Kindness Ambassadors Team Lead Adam said, "I am really proud of what we have achieved so far, and we are starting to make a difference within the College and the community. The team has done a brilliant job this week and should all be really proud of themselves for how much work and commitment they have put into their roles."

The Anti-Bullying Team

**STOP  
BULLYING**