



SGS Wellbeing Service &
Students' Union

BULLYING

wellbeingservice@sgscol.ac.uk

What is bullying?

Bullying is unwanted, aggressive behaviour that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, overtime. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally and excluding someone from a group on purpose.

Bullying that happens online, using social networks and mobile phones, is often called cyber bullying. Young people can feel like there's no escape because it can happen at any time of the day or night.

How to get help

Speak to any member of staff or email your concerns to the colleges Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

[Childline](#) [0800 1111](tel:08001111)

[National Bullying Helpline](#) [0845 225 5787](tel:08452255787)

[NSPCC](#) [0808 800 5000](tel:08088005000)

[The Mix](#) [0808 808 4994](tel:08088084994)

[Young Minds](#) text YM to [85258](tel:85258)