Foreword

by Councillor Gary Haley, Cabinet Member for Children and Young People

Cllr Gary Haley

As the new portfolio holder for children and young people I am delighted to work with Gateshead Council and the Anti-Bullying Alliance to promote the All Together Programme among as many Gateshead schools as possible.

I am particularly pleased to see a special focus on reducing, or preferably eradicating, all bullying of disabled children and young people with special needs. But we must also recognise that ALL bullying is wrong and unacceptable if we are to provide a truly inclusive education system which succeeds in helping to develop the full potential of every child.

This Newsletter will provide further information about how your school can access resources to help support all students in your care as well as how to be more receptive to the signs which may suggest that bullying may have become an issue for an individual child.

As mental health has risen up the political agenda nationally, and with many more employers recognising that providing an environment where it is OK to talk about mental health issues, it is essential that we are also alert to the signs of poor mental health in schools and among our young people.

Bullying in schools and online via social media, if left unaddressed, can become a significant contributor to poor mental health among our young people. The wide range of tools available through the All Together Programme, accessed through a wide range of partner organisations, will provide a valuable resource for all professionals working with young people.

So far, more than 30 schools have signed up to the programme, which is great news, but I am urging every school to join up in order to get the most out of what is available.

Anti-Bullying Week   13-17 November 2017

The Anti-Bullying Week theme for 2017 is 'All Different- All Equal' #antibullyingweek

This year Anti-Bullying Week shines a spotlight on bullying and encourages all children, teachers and parents to take action against bullying throughout the year.

Aims:

This Anti-Bullying Week we want to:

- **empower** children and young people to celebrate what makes them, and others, unique
- **help** children and young people understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying
- **encourage** parents and carers to work with their school and talk to their children about bullying, difference and equality
- **enable** teachers and other children's workforce professionals to celebrate what makes us 'all different, all

equal' and celebrate difference and equality. Encouraging them to take individual and collective action to prevent bullying and create safe environments where children can be themselves.

Resources which include activities and lesson plans for Anti-Bullying Week can be found here:

Primary School:
www.anti-bullyingalliance.org.uk/anti-bullying-week/resources-schools/official-primary-school-pack

Secondary School:
www.anti-bullyingalliance.org.uk/anti-bullying-week/resources-schools/official-secondary-school-pack

All Different All Equal #ANTIBULLYINGWEEK 13th – 17th November

We are proud to announce that Gateshead Council is working with the Anti-Bullying Alliance to offer all schools in Gateshead the opportunity to become an All Together School. We have almost 30 Gateshead schools signed up already and counting…there is still time!

The All Together programme has been developed over the last three years and builds on the work of the Anti-Bullying Alliance's previous SEND anti-bullying champion programme, which saw significant positive results. Participating schools are supported to make whole school change to its anti-bullying practices, using a social model approach.

The programme includes a special focus on reducing bullying of disabled children and those with SEN but aims to reduce bullying of all children and young people.

It is funded by the Department for Education and delivered by the Anti-Bullying Alliance, with support from the Council for Disabled Children, Contact a Family and Achievement for All.

This FREE offer includes:

• access to the All Together Online Platform through which schools are supported to create an anti-bullying action plan that is tailored to their needs

• targeted resources to help tackle bullying

• access to the 'All Together Pupil Wellbeing Questionnaire' which will tell you about levels of wellbeing and bullying among your pupils and allow you to monitor progress over the course of the programme. The results will report on a variety of indicators including SEN/disability and free school meals

• online CPD-certified training for all staff, including a module on cyberbullying

Time is running out, please register your school here as soon as possible:

www.anti-bullyingalliance.org.uk/alltogether

FREE Training Day

If you would like to benefit from the free full day training too, please book your place as soon as possible, as there are limited places left.

One day training workshop for up to two of your staff (One place must be a member of your SLT)

Tuesday 14 November , 9am-3.45pm
Gateshead Civic Centre
Includes lunch and refreshments

https://www.eventbrite.co.uk/e/gateshead-all-together-anti-bullying-workshop-for-schools-tickets-33525783521?aff=erelexpmlt

Free to be

Free to Be brings an innovative new anti-bullying element to the Anne Frank Trust's Schools Programme in both primary and secondary school settings. The project is highly topical, reflecting current hate-related bullying issues faced by young people today, and uses peer education to encourage the development of pupils' critical thinking about their own views, and those they encounter in their everyday lives.

Original film clips provide a resource for generating classroom discussion enabling young people to address often very difficult subjects in a safe and supportive environment. The programme also gives young people the opportunity to create and share their own films about different forms of prejudice and discrimination, providing a catalyst for on-going debate and leaving a legacy for the programme beyond its delivery in-school.

To find out more please contact:

To find out more please contact Anya Bonner – North East Project Officer
Anne Frank Trust UK Telephone: 020 7284 5858
Email: anya@annefrank.org.uk

https://annefrank.org.uk/education/free-to-be/

Rainbow Flag Award for Schools

A number of Gateshead Primary and Secondary schools have also engaged with The Rainbow Flag Award - a quality assurance framework developed by The Proud Trust. This project is being coordinated by voluntary organisation DISC (Developing Initiatives for Support in the Community).

The Rainbow Flag Award encourages a whole school approach to tackling HBT bullying and LGBT (lesbian, gay, bisexual, trans) inclusion, focusing on the following six key areas:

Red – Skilled Teachers

Orange – Supportive Governors and Parents

Yellow – Effective Policies

Green – Inclusive Curriculum

Blue – Pastoral Support

Violet – Pupil Voice

Taking part in this project will hopefully result in helping schools to meet:

- Their legal requirement to ensure LGBT inclusion in schools;

- The OFSTED requirement for schools to be effective in tackling HBT bullying;

- The moral requirement to meet the needs of LGBT young people, given the wealth of evidence showing that LGBT young people are still disproportionally affected by mental health issues and teen suicide.

We really look forward to hearing how our Gateshead schools get on with achieving this award and hope to share feedback later in 2018.

www.disc-vol.org.uk/projects/rainbow-flag-award

Gateshead ARCH

The table below show the overall breakdown of hate-related incidents reported to ARCH for Gateshead as a whole.

- The percentage of incidents linked to racism and religion has remained static however this remains the most common form of hate incident in Gateshead.

- Incidents that are classified as disability-related have decreased slightly in 2016/17.

- The number of homophobic incidents reported has increased significantly.

- Transphobic incidents remain low and account for 1.8% of incidents reported, however this is over double the number of incidents in 2015/16

- Verbal abuse continues to be the most common type of abuse reported.

- North East as a whole has very low reporting numbers & incidents compared to other areas of the country. That isn't to say that Hate Crime is not occurring in the North East, it is just hugely under reported.

Nature of Abuse	2015-16	2016-17	Diff (N)	% of incidents 15/16	% of incidents 16/17
Disability	27	22	-5	10	5.7
Homophobic	13	31	18	5	8.1
Racist/ Religious	239	324	85	84	84.4
Transphobic	3	7	4	1	1.8
Total Incidents	282	384	102		

For more information please visit: http://www.gateshead.gov.uk/People%20and%20Living/CommunitySafety/Hate%20Crime/HateCrime.aspx

Ditch the Label – Support for young people

Whether you're being bullied, or someone you know is – DTL are there to help.

DITCH THE LABEL YOUR WORLD. PREJUDICE FREE.

Overcome bullying with expert support for teens, parents/guardians and teachers.

http://www.ditchthelabel.org/get-help/

Digizen Game

For 11 to 15 year olds. follows on from the cyberbullying film Let's Fight It Together. (Childnet)

This game, for secondary pupils, follows on from the cyberbullying film Let's Fight It Together.

The main aim of this game is to personalise and reinforce learning from the film.

It allows you to log on to a computer and create your own character who goes to the same school where the cyberbullying has taken place.

http://www.childnet.com/resources/digizen-game

CEOP ThinkUKnow

CEOP's Thinkuknow programme provides a range of free educational resources - films, lesson plans, presentations, practitioner guidance, games and posters - to professionals working with children and young people. Through the use of their educational materials you can help to empower and protect young people from the harm of sexual abuse and exploitation, both online and off.

www.thinkuknow.co.uk/teachers/

Essential Support for Under 25s

The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

http://www.themix.org.uk/search/bullying

Amazing Things Can Happen

An introduction to autism that aims to raise awareness among young non-autistic audiences, to stimulate understanding and acceptance in future generations.

We are all different

The video was produced by Amazing Things Happen who aim to raise autism awareness among young non-autistic audiences.

www.mefirst.org.uk/resource/amazing-things-happen-explaining-autism-to-children/

Professionals Online Safety Helpline

Do you have a cyberbullying or digital safety concern?

UK Safer Internet Centre

The UK Safer Internet Centre has been co-funded by the European Commission to provide a Helpline for all professionals working with children and young people in the UK with any online safety issues they may face themselves, or with children in their care.

We provide support with all aspects of digital and online issues. In addition, the Helpline aims to resolve issues professionals face about themselves, such as protecting professional identity and reputation.

Call 0344 381 4772, 10am - 4pm Monday to Friday. helpline@saferinternet.org.uk

Gateshead HEALTHY SCHOOLS Programme

Gateshead Healthy Schools Programme has a variety of resources, information and ideas on their online network, including specific information on a number of health priorities including emotional wellbeing, mental health, anti-bullying, homophobic and transphobic bullying, cyber bullying and E Safety. Also the Children and Young People's Mental Health Liaison Worker is available to facilitate a variety of group workshops, which can help pupils/students explore and identify the emotional effects of bullying and importance of developing positive friendships and empathy.

To find out more please feel free to contact Sam Hawkins on 0191 283 4560 or sam.hawkins@stft.nhs.uk

Welcome to **The Annual Bullying Survey 2017**, the fifth and largest edition of Ditch The Label's yearly benchmark of bullying in the United Kingdom. They surveyed over 10,000 young people aged 12-20 in partnership with schools and colleges from across the country. This free report has thousands of the latest bullying statistics and fully explores the reasons why young people bully others. Included in the report is the following:

- Key bullying statistics in the UK
- The motivations of bullying
- Frequency and nature of bullying experienced
- The impact of bullying
- Rates of young people bullying others
- The extent and climate of cyberbullying and abuse online
- What it's really like to grow up in a digital world
- Social media trends, bullying and addiction
- Recommendations
- Real stories and experiences

The report also comes with tips and advice for schools, colleges, practitioners, parents/guardians and young people.

https://www.ditchthelabel.org/research-papers/the-annual-bullying-survey-2017/

Why do teens love Instagram?

Including tips and advice for parents and teachers

MediaSmart wrote this blog to offer an insight to parents and teachers on Instagram: how it works, why it's a favourite and what pitfalls to look out for. The more parents and teachers understand, the more they can support young people. Social media usage is often hidden from parents and that's when problems can occur. Creating an open dialogue means you can support your children.

http://mediasmart.uk.com/blog/Why-do-teens-love-Instagram
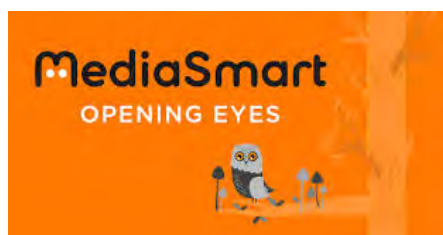
NEW Public Health England report released June 2017:

Report Cyberbullying: An analysis of data from the Health Behaviour in School-aged Children (HBSC) survey for England, 2014

This report summaries data on cyberbullying informed by an analysis of data from the Health Behaviour in School-aged Children (HBSC) study for England, 2014.1 The data draws on responses from 5,335 students aged 11-15 years who completed the HBSC survey in England.

This thematic report presents data from the most recent survey and illustrates associations between cyberbullying and demographics and social context. Relationships of importance and relevance which demonstrate considerable differences have been reported – guided by previous work on HBSC which has mapped protective factors across individual, family, school and local community domains.

This report is intended for a range of audiences interested in promoting children and young people's mental wellbeing, including for example local public health specialists, school nurses, head teachers and college principals, CCG leads, local councillors, CAMHS leads, mental health strategic clinical networks and local children and young people's mental health commissioners.

Key points:

- in the 2014 HBSC study, 17.9% of 11-15 year olds reported being cyberbullied in the two months prior to being surveyed
- girls were twice as likely as boys to report being cyberbullied
- cyberbullying increased with age for both boys and girls; the reported prevalence rates of cyberbullying at age 15 were almost double those for 11 year olds
- cyberbullying is associated with socio-economic status. Young people from more affluent families were more likely to report being victims of cyberbullying
- young people who reported positive family communication, especially with a father, were less likely to experience cyberbullying
- positive perceptions of the school environment were associated with lower levels of cyberbullying
- cyberbullying was associated with feelings of safety in young people's local neighbourhood

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/Health_behaviour_in_school_age_children_cyberbullying.pdf

NEW Update: Preventing and tackling bullying

Advice for Headteachers, staff and governing bodies – July 2017

Bullying, especially if left unaddressed, can have a devastating effect on individuals. It can be a barrier to their learning and have serious consequences for their mental health. Bullying which takes place at school does not only affect an individual during childhood but can have a lasting effect on their lives well into adulthood.

By effectively preventing and tackling bullying, schools can help to create safe, disciplined environments where pupils are able to learn and fulfil their potential.

This document has therefore been produced to help schools take action to prevent and respond to bullying as part of their overall behaviour policy. It outlines, in one place, the Government's approach to bullying, legal obligations and the powers schools have to tackle bullying, and the principles which underpin the most effective anti-bullying strategies in schools. It also lists further resources through

www.gov.uk/government/publications/preventing-and-tackling-bullying

What children are telling us about bullying: The experiences of young people contacting Childline about bullying in 2015/16

Bullying has been one of the top five concerns of children contacting Childline since 1989. It's not a new problem, but over time the NSPCC have seen changes in how, where, and when children are bullied. Children have told them about the effects of bullying and the difficulties involved in asking adults for help. They've also seen some powerful messages of support and advice from young people using Childline's online message boards.

NSPCC have written this report to help people working with children to understand what children who are being bullied are experiencing, think about what support they need, and consider how to respond effectively.

https://www.nspcc.org.uk/services-and-resources/research-and-resources/2016/what-children-are-telling-us-about-bullying/

NetAware/NSPCC
'Freedom to express myself safely' - Exploring how young people navigate opportunities and risks in their online lives

In 2015 the NSPCC, in partnership with O2, launched the Net Aware tool to provide parents with useful information about the most popular sites, apps and games used by young people. The tool is updated on an annual basis through a survey of young people's experiences online.

This report sets out key findings from the 2016/17 survey about young people's experiences on the most popular social networks. It puts forward recommendations for government, industry and parents to improve online child safety.

https://www.nspcc.org.uk/services-and-resources/research-and-resources/2017/net-aware-report-freedom-to-express-myself-safely/

Current Campaigns

Challenging Youth Racism
Workshops for students 11-19yrs PLUS a Peer Mentoring Programme - DISC

Hate crime can be hugely damaging for the victim, we provide education and support to reduce hate crime and the prevalence of youth racism in the North East. We will work in both a universal and targeted manner with young people across the area to;

• identify key factors and influences which lead young people to adopt intolerant attitudes

• target young people/localities who display racist or intolerant attitudes to ethnic minority groups

• address fears and challenge misconceptions whilst sharing knowledge and understanding of other cultures

• reduce hate crime, promote ethnic and religious tolerance, cooperation and the benefits of diverse communities

DISC offer workshops currently to 11-19 year olds. The workshops focus on local issues and problems that are currently affecting the area and UK. Sessions include information about refugees – definitions, migration and process understanding and myths and facts, Islamophobia and the media influences as well as any local issues. The workshops are normally an hour but can be adjusted slightly to suit a normal lesson time. DISC use a PowerPoint presentation which includes videos and have several interactive activities.

DISC also offer a racism awareness peer mentoring programme.

They normally accept 10-15 young people on each programme and this can be done over two consecutive days from 9am-3pm or once a week for an hour over a seven week period. This is a more intense programme which looks at ten units from the history of racism, different cultures and religions, hate crime and the law and challenging techniques. At the end of the programme all young people taking part will get a certificate of achievement and the group will nominate at least two to become champion/ ambassadors who will also receive a pin.

If you would like their experienced team to deliver an awareness session within your school, community group, youth club or similar environment please get in touch.

Find out more from Kelly McClay @ Challenging Youth Racism, telephone: 01325 731 160 or email: challengingyouthracism@disc-vol.org.uk

www.disc-vol.org.uk/projects/tackling-racism/

RESOURCES for Staff and Schools

#ImWithSam

KS3 School Resources to tackle autism and learning disability hate crime in the classroom

Working with the P.S.H.E Association, Dimensions has developed free #ImWithSam learning materials to tackle autism and learning disability hate crime in the classroom.

These key stage 3 materials have been developed in partnership with the PSHE Association, the national body for Personal, Social, Health and Economic education. Students will look at facts and myths about learning disability and autism, explore a day in Sam's life, and look at men and women who have challenged stereotypes in the past and present.

The resources are accompanied by comprehensive teacher guidance and a full lesson plan. All materials are quality assured by the PSHE Association and have been developed through consultation with Dimensions subject experts.

www.dimensions-uk.org/publication/download-free-teaching-resources-help-tackle-hate-crime

The Educate & Celebrate Award Programme

Educate & Celebrate are experts in transforming schools into LGBT+Friendly places. The team are all experienced teachers who have made their own schools LGBT+Friendly. They also have a PRIDE Youth Network Programme for secondary schools.

http://www.educateandcelebrate.org

Training

Gateshead Council   **educationGateshead**
raising achievement for all

Anti-Bullying and Building Resilience with Children & Young People

Content:

- Explain different types of bullying and the potential effects on children and young people

- Outline the policies and procedures that should be followed in response to concerns or evidence of bullying and explain the reasons why they are in place

- Explain how to support children and young people's self-confidence and self-esteem

- Analyse the importance of supporting resilience in children and young people

Who is it for? Teaching Assistants and Support Staff
Date: 19 March 2018 1-3pm
Venue: Dryden Centre, SOTA
Cost: On enquiry

Online Safety from EYFS to Year 6

Content:

A perfect session to look at what your school is doing to support excellent online safety provision, ahead of Safer Internet Day 2018 on Tuesday 13th February 2018. During this session a wide range of practical and interactive activities will be demonstrated that will ensure that you are meeting Ofsted requirements and that Online Safety is firmly embedded across your curriculum. Recent statutory guidance from the DFE clearly makes online safety a safeguarding issue rather than a technical issue and this session will provide delegates with an insight into the popular current sites and future technologies. With recent changes also in terminology, this session examines fully the new requirements and the vocabulary needed to be used.

Who is it for? Teaching Assistants and Support Staff
Date: 5 February 2018 1- 3pm
Venue: Dryden Centre, SOTA
Cost: On enquiry

**For further information or to book please contact Julie Bond on 0191 433 8635
or email juliebond@gateshead.gov.uk**

Emotional Literacy

Content:

- Recognising and managing feelings
- Building self-esteem
- Understanding and managing anger
- Friendship skills

Who is it for?: Teaching assistants and support staff Date:

Date: 4 December 2017 1-3pm

Venue: Dryden Centre, SOTA

Costs: Available on enquiry

For further information or to book please contact Julie Bond on 0191 433 8635 or email juliebond@gates-head.gov.uk

Online Safety LIVE Gateshead
17 October 2017

The UK Safer Internet Centre is delivering a FREE 2 hour Online Safety update in Gateshead. Open to all who work with children and young people, this event will give you the latest in research, legislation, technology, tools and resources along with exclusive access to the presentation and resource materials.

Book on: https://www.eventbrite.co.uk/e/online-safe-ty-live-gateshead-tickets-34535019172

MindEd – FREE Children and Young People's Mental Health Training

Its aim is to provide simple, clear guidance on children and young people's mental health, wellbeing and development to any adult working with children, young people and families, to help them support the development of young healthy minds. Practical advice and knowledge for teachers, HLTA's and support staff in schools around all aspects of children and young people's mental health. Accessible, easy to use units which can be saved and revisited at your own pace, also all units are certificated to evidence your professionals development.

A range of modules around online safety and wellbeing issues for young people:-

- Children and Young People's Digital Lives (410-088)
- Online Risk and Resilience (410-089)
- Digital Media and Young People (414-037)
- Online Safety and Wellbeing: Getting the Focus Right (410-091)

Please visit https://www.minded.org.uk/ to find out more.

MindEd for Families – FREE Elearning for Families

This includes a specific session on bullying. This e-learning will explore the ways in which parents can recognise if their child is being bullied and offer advice with resources to take this further. By the end of this session it is hoped a person will be able to recognise if bullying might be happening, discuss bullying with their child, know who to speak to and help identify when to step in quickly.

http://minded.e-lfh.org.uk/families/index.html#/id/56cc7831a55aa90a52727c43

Anti-Bullying Awards

B.I.G. Award is a National Award for Anti-Bullying for schools, colleges and services for children and young people. www.bullyinginterventiongroup.co.uk

For more information about BIG Award, training opportunities and service level agreements for schools please contact Val on 07502 189658 or Vicki on 07870 499275 or email info@bullyinginterventiongroup.co.uk

The Anti-Bullying Ambassadors Programme trains young people across the UK to be anti-bullying ambassadors in their schools and communities.

http://www.antibullyingpro.com/

The School Champions programme helps hundreds of schools from around the country to promote a safe and inclusive learning environment – empowering pupils and staff alike to celebrate difference and challenge prejudice. Stonewall works with schools of all sizes and types – primary and secondary; maintained, academy, independent, and free; co-ed and single sex – to make classrooms across the country happier and more welcoming places to learn.

www.stonewall.org.uk/at_school/school_champions/

The Rights Respecting Schools Award (RRSA) recognises achievement in putting the United Nations Convention on the Rights of the Child (CRC) at the heart of a school's planning, policies, practice and ethos.

www.unicef.org.uk/Education/Rights-Respecting-Schools-Award/