

## Supporting students at The East Manchester Academy

# What should I do if I am bullied or witness bullying?



**1**  
Tell  
someone  
you trust



**2**  
Keep a  
record of  
what's  
happening



**3**  
Don't  
retaliate



**4**  
Surround  
yourself  
with people  
that make  
you feel  
good



**5**  
Don't blame  
yourself – it  
is NOT your  
fault



**6**  
Be proud  
of who  
you are

### Student Services

- Tell a member of the Student Services Team if you are worried for yourself or another student. **Its never too late to take action.**

### Form Tutor

- Use your form time sessions to raise any concerns that you have.
- Discuss why a zero tolerance approach is needed.
- Nobody is an outsider at The East Manchester Academy.
- Shape this year's national antibullying theme by visiting:
  - School staff and other children's workforce professionals: <https://antibullyingalliance.typeform.com/to/BdGLa7>
  - Children and young people: <https://antibullyingalliance.typeform.com/to/glhycG>

### All Staff

- Call students out when hate crime and bullying language is used.
- Tell any member of staff if you are bullied or see another student being bullied, including online. If you can't tell a member of staff – tell a friend.
- You can also report things via Frog on your desktop.

Remember to respect other people! Just because someone is different to you and your friends – that doesn't mean you are better than them or have a right to make them feel bad. **If you mess up, say sorry.** You don't have to be friends with everyone – but you should always make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.

Childline  
Anti-Bullying Alliance

[www.childline.org.uk](http://www.childline.org.uk)  
<https://www.anti-bullyingalliance.org.uk/>



### Academy Headteacher Ms Bowen

Deputy  
Headteacher &  
Designated  
Safeguarding  
Lead Mr  
Goddard  
[d.goddard@temac.co.uk](mailto:d.goddard@temac.co.uk)



### All staff



Student  
Services  
Attendance &  
Safeguarding  
Lead Mrs Toke  
[s.toke@temac.co.uk](mailto:s.toke@temac.co.uk)

### Form Tutors



Student  
Services  
Director of  
Year e.g. Mr  
Moroney  
[j.moroney@temac.co.uk](mailto:j.moroney@temac.co.uk)

Director of  
Standards  
Enhanced  
Support  
Ms Watts



Student  
Services  
Safeguarding &  
Family Liaison  
Miss Buckley  
Miss Marsden



Assistant  
Headteacher  
Student Support  
& Community  
Partnerships  
Miss Lonsdale