



<b>Policy</b>	<b>ANTI BULLYING POLICY 2023</b>
<b>Headteacher</b>	<b>TOM KELLY</b>

**Named personnel with designated responsibility for this policy**

Academic year	Designated Senior Person	Nominated Governor	Chair of Governors
2017/18	Tom Kelly	Gerry Price	Gerry Price
2019/20	Tom Kelly	L Donaghy /D Atkinson	J Reed/S Ingram
2021/22	Alison Knight	Kate Loughlin	J Reed/S Ingram
2022/23	Alison Knight	Kate Loughlin	J Reed/S Ingram
2023/24	Tom Kelly	Kate Loughlin	J Reed/S Ingram

**Policy Review dates**

Review Date	Changes made	By whom	Date Shared with staff
Oct 19	Minor amends	T Kelly	Oct 19
Nov 21		A Knight	Nov 21
Dec 23	Minor amends	T Kelly	Jan 24

Date Ratified by Governors	Review Date
Feb 24	Jan 2026

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## **Bedale High School Anti-Bullying Policy**

The Bedale High School anti-bullying policy outlines measures to be taken with a view to encouraging commitment to good behaviour and respect and compassion for others on the part of pupils and, in particular, preventing all forms of bullying among pupils; (Education and Inspections Act 2006). It is based on DfE guidance "Preventing and Tackling Bullying" July 2017 and supporting documents. It also takes into account the DfE statutory guidance "Keeping Children Safe in Education" 2021.

### **Policy objectives:**

- This policy outlines what Bedale High School will do to prevent and tackle all forms of bullying.
- Bedale High School is committed to developing an anti-bullying culture where the bullying of adults, children or young people is not tolerated in any form.

### **Links with other school policies and practices:**

This policy links with a number of other school policies, practices and action plans including:

- Behaviour policy
- Complaints Procedure Statement
- Child Protection policy

### **Links to legislation**

There are a number of pieces of legislation which set out measures and actions for schools in response to bullying, as well as criminal and civil law. These may include (but are not limited to):

- The Education and Inspection Act 2006, 2011
- The Equality Act 2010
- The Children Act 1989
- Protection from Harassment Act 1997
- The Malicious Communications Act 1988
- Public Order Act 1986

### **Responsibilities**

It is the responsibility of:

- The Headteacher to communicate this policy to the school community
- The Headteacher to ensure that disciplinary measures are applied fairly, consistently and reasonably, and that a member of the senior leadership team has been identified to take overall responsibility
- School Governors to take a lead role in monitoring and reviewing this policy
- All staff, including: governors, senior leadership, teaching and non-teaching staff to support, uphold and implement this policy accordingly.
- Parents/carers to support their children and work in partnership with the school.
- Pupils to abide by the policy.

### **Definition of bullying**

- Bullying is "behaviour by an individual or a group, repeated over time that intentionally hurts another individual either physically or emotionally". (DfE "Preventing and Tackling Bullying", July 2017). The Anti-Bullying Alliance (ABA) defines bullying as the intentional hurting of one person by another, where the relationship involves an imbalance of power. It is usually repetitive or persistent, although some one-off attacks can have continuing harmful effects on the victim. The school believes that everybody should be appreciated and valued for who and what they are, that any form of bullying is always unacceptable and that claims of bullying will be always taken seriously and acted upon.
- Bullying can include: name calling, taunting, mocking, making offensive comments; kicking; hitting; taking belongings; producing offensive graffiti; gossiping; excluding people from groups and spreading hurtful and untruthful rumours. It can also include sexual abuse and harassment – such as requesting nudes repeatedly, repeated upskirting and other instances of abuse and harassment.
- This includes the same unacceptable behaviours expressed online, sometimes called online or cyberbullying. This can include: sending offensive, upsetting and inappropriate messages by phone, text,

instant messenger, through gaming, websites, social media sites and apps, and sending offensive or degrading photos or videos.

- Bullying can be a form of peer on peer abuse and can be emotionally abusive; it can cause severe and adverse effects on children's emotional development.
- Bullying can involve an imbalance of power and can take place between children, between adults and between adults and children.

### **BULLYING IS NOT:**

- teasing between friends without intention to cause hurt;
- falling out between friends after a quarrel or disagreement;
- behaviour that all parties have consented to and enjoy.

### **Forms of bullying covered by this policy**

Bullying can happen to anyone. This policy covers all types of bullying including:

- Bullying related to race, religion, nationality or culture
- Bullying related to SEND (Special Educational Needs or Disability)
- Bullying related to appearance or physical/mental health conditions
- Bullying related to sexual orientation (homophobic bullying)
- Bullying of young carers, children in care or otherwise related to home circumstances
- Sexist, sexual and transphobic bullying
- Bullying via technology, known as online or cyberbullying
- Bullying via sexual abuse and harassment

### **School ethos and statement of Values**

Bedale High School community recognises that bullying, especially if left unaddressed, can have a devastating effect on individuals; it can create a barrier to learning and have serious consequences for mental wellbeing. By effectively preventing and tackling bullying, our school can help to create a safe, disciplined environment, where pupils are able to learn and fulfil their potential. Bullying behaviour is always unacceptable and claims of bullying will always be taken seriously and acted upon. Staff, parents, pupils and our community know that we have a zero tolerance approach to bullying. This policy relates to children, young people and to adults. The school also recognises its duty to recognise bullying that takes place outside the school premises. Reasonable adjustments will be made according to special educational need/disability and taking into account the needs of any vulnerable pupils.

### **Our Community: Bedale High School staff work with students and parents to ensure/deliver:**

- a general culture of positive behaviour with a focus on respect and compassion for each other at all levels;
- regular awareness raising opportunities to communicate anti-bullying messages, policy and practice and to celebrate the success of anti-bullying work;
- opportunities to promote equality and to acknowledge and celebrate diversity;
- activities that focus on specific types and/or methods of bullying e.g homophobic, biphobic and transphobic bullying or cyberbullying and sexual abuse and harassment.
- activities that raise awareness, cultivate a sense of responsibility and develop skills to respond to bullying, either as a bystander or as a target;
- activities that develop social and emotional skills;
- opportunities to engage children and young people in planning anti-bullying activities and in supporting their peers;
- appropriate levels of adult supervision so that children and young people feel safe around the site and can be confident that bullying behaviour will be seen and acted upon at all times;
- transparent systems for reporting incidents of bullying so that children and young people and parents/carers know who to turn to and are confident that their concerns will be taken seriously and acted upon;
- an anti-bullying policy and practice that is reviewed on a regular basis;
- support staff who promote positive relationships, to help prevent bullying;
- understanding that some members of our community may be more vulnerable to bullying and its impact than others; being aware of this will help us to develop effective strategies to prevent bullying from happening and provide appropriate support, if required;
- intervention by identifying and tackling bullying behaviour appropriately and promptly;
- our pupils are aware that bullying concerns will be dealt with sensitively and effectively; that everyone should feel safe to learn and abide by the anti-bullying policy;

- a requirement for all members of the community to work with the school to uphold the anti-bullying policy;
- access to support from the Local Authority and other relevant organisations when appropriate.

## **Responding to bullying: Bedale High School procedures for responding and intervention**

The following steps may be taken when dealing with all incidents of bullying reported to the school:

- If bullying is suspected or reported, the incident will be dealt with (or delegated) immediately by the member of staff who has been approached or witnessed the concern.
- The school will provide appropriate support for the person being bullied – making sure they are not at risk of immediate harm and will involve them in any decision-making, as appropriate.
- The designated safeguarding lead, a member of SLT or a member of the pastoral support team will interview all parties involved.
- The designated safeguarding lead will be informed of all bullying issues where there are safeguarding concerns.
- We will inform other staff members where appropriate, and parents/ carers.
- Sanctions (as identified within the school behaviour policy) and support for individuals will be implemented, in consultation with all parties concerned. This could include a period of Internal Exclusion, Escalation Intervention or Fixed Term suspensions for more serious incidents.
- If necessary, other agencies may be consulted or involved, such as: the police (if a criminal offence has been committed) or other local services including Early Help or children’s social care (if a child is felt to be at risk of significant harm).
- Where the bullying takes place off school site or outside of normal school hours (including cyberbullying), the school will ensure that the concern is fully investigated. Appropriate action will be taken, including providing support and implementing sanctions in school in accordance with the school’s behaviour policy. We will also seek guidance from our community police links for instances that occur outside school.
- A clear and precise account of the incident will be recorded by the school in accordance with existing procedures which include taking statements from witnesses and sharing with relevant staff and external agencies to inform appropriate actions. A record of actions taken will be kept.

## **Cyberbullying**

When responding to cyberbullying concerns, Bedale High School will:

- act as soon as an incident has been reported or identified;
- provide appropriate support for the person who has been cyberbullied and work with the person who has carried out the bullying to ensure that it does not happen again;
- encourage the person being bullied to keep any evidence (screenshots) of the bullying activity to assist any investigation;
- take all available steps where possible to identify the person responsible. This may include:
  - looking at use of the school systems;
  - identifying and interviewing possible witnesses;
  - Contacting the service provider and the police, if necessary.
- Work with the individuals and online service providers to prevent the incident from spreading and assist in removing offensive or upsetting material from circulation. This may include:
  - reporting to a service provider to remove content if those involved are unable to be identified or if those involved refuse to or are unable to delete content;
  - confiscating and searching pupils’ electronic devices, such as mobile phones, in accordance with the law and also the school searching and confiscation guidance (see behaviour policy);
  - requesting the deletion of locally-held content and content posted online if they contravene school behavioural policies.
- Ensure that sanctions are applied to the person responsible for the cyberbullying; the school will take steps to change the attitude and behaviour of the bully, as well as ensuring access to any additional help that they may need.
- Inform the police if a criminal offence has been committed.
- Provide information to staff, pupils and parents regarding steps they can take to protect themselves online.

This may include:

- advising those targeted not to retaliate or reply;
- providing advice on blocking or removing people from contact lists;
- helping those involved to think carefully about what private information they may have in the public domain.

## **Supporting pupils**

Pupils who have been bullied will be supported by:

- reassuring the pupil and providing continuous support;
- offering an immediate opportunity to discuss the experience with their teacher, the designated safeguarding lead, or a member of pastoral support staff;
- being advised to keep a record of the bullying as evidence and discuss how to respond to concerns and build resilience as appropriate;
- working towards restoring self-esteem and confidence (using external support agencies where appropriate);
- providing ongoing support; this may include: working and speaking with staff, offering formal counselling, engaging with parents and carers;
- where necessary, working with the wider community and local/national organisations to provide further or specialist advice and guidance; this could include support through Early Help or Specialist Children's Services, or support through Child and Adolescent Mental Health Services (CAMHS).

## **Pupils who have perpetrated the bullying will be helped by:**

- discussing what happened, establishing the concern and the need to change;
- informing parents/carers to help change the attitude and behaviour of the child;
- providing appropriate education and support regarding their behaviour or actions;
- if online, requesting that content be removed and reporting accounts/content to service provider;
- sanctioning, in line with school behaviour/discipline policy; this may include Escalation Intervention, detentions, removal of privileges (including online access when encountering cyberbullying concerns), internal exclusions and fixed-term suspensions or permanent exclusions;
- where necessary, working with the wider community and local/national organisations to provide further or specialist advice and guidance; this may include involvement from the Police or referrals to Early Help, Specialist Children's Services, or Child and Adolescent Mental Health Services (CAMHS) as appropriate.

## **Supporting adults**

Bedale High School takes measures to prevent and tackle bullying among pupils; however, it is equally important to recognise that bullying of staff and parents, whether by pupils, parents or other staff members, is unacceptable.

### **Adults (staff and parents) who have been bullied or affected will be supported by:**

- offering an immediate opportunity to discuss the concern with the designated safeguarding lead, a senior member of staff and/or the headteacher;
- advising them to keep a record of the bullying as evidence and discuss how to respond to concerns and build resilience, as appropriate;
- where the bullying takes place off school site or outside of normal school hours (including online), the school will still investigate the concern and ensure that appropriate action is taken in accordance with the school's behaviour policy;
- reporting offensive or upsetting content and/or accounts to the service provider, where the bullying has occurred online;
- reassuring and offering appropriate support;
- working with the wider community and local/national organisations to provide further or specialist advice and guidance.

### **Adults (staff and parents) who have perpetrated the bullying will be helped by:**

- discussing what happened with a senior member of staff and/or the headteacher to establish the concern;
- establishing whether a legitimate grievance or concern has been raised and signposting to the school's official complaints procedures;
- if online, requesting that content be removed;
- instigating disciplinary, civil or legal action as appropriate or required.

## **Preventing bullying**

### **Environment**

The whole school community will:

- create and support an inclusive environment which promotes a culture of mutual respect, consideration and care for others, which will be upheld by all;
- recognise that bullying can be perpetrated or experienced by any member of the community, including adults and children (peer on peer abuse);
- openly discuss differences between people that could motivate bullying, such as: religion, ethnicity, disability, gender, sexuality or appearance related difference. also children with different family situations, such as looked after children or those with caring responsibilities;
- challenge practice and language which does not uphold the values of tolerance, non-discrimination and respect towards others;
- be encouraged to use technology, especially mobile phones and social media positively and responsibly;
- work with staff, the wider community and outside agencies to prevent and tackle concerns including all forms of prejudice-driven bullying;
- actively create "safe spaces" for vulnerable children and young people;
- celebrate success and achievements to promote and build a positive school ethos.

### **Policy and Support**

The whole school community will:

- provide a range of approaches for pupils, staff and parents/carers to access support and report concerns;
- regularly update and evaluate our practice to take into account the developments of technology and provide up-to-date advice and education to all members of the community regarding positive online behaviour;
- take appropriate, proportionate and reasonable action, in line with existing school policies, for any bullying brought to the school's attention, which involves or affects pupils, even when they are not on school premises; for example, when using school transport or online, etc;
- implement appropriate disciplinary sanctions; the consequences of bullying will reflect the seriousness of the incident, so that others see that bullying is unacceptable;

- use a variety of techniques to resolve the issues between those who bully, and those who have been bullied.

## **Education and Training**

The school community will:

- train all staff, including: teaching staff, support staff and pastoral staff, to identify all forms of bullying and take appropriate action, following the school's policy and procedures (including recording and reporting incidents);
- consider a range of opportunities and approaches for addressing bullying throughout the curriculum and other activities, such as: through displays, assemblies, peer support, the student council, the Emotional Resilience team and PSHE.
- provide systematic opportunities to develop pupils' social and emotional skills, including building their resilience and self-esteem.

## **Involvement of pupils**

We will:

- involve pupils in policy writing and decision making, to ensure that they understand the school's approach and are clear about the part they have to play to prevent bullying;
- regularly canvas children and young people's views on the extent and nature of bullying;
- ensure that all pupils know how to express worries and anxieties about bullying;
- ensure that all pupils are aware of the range of sanctions which may be applied against those engaging in bullying;
- involve pupils in anti-bullying campaigns in schools and embedded messages in the wider school curriculum;
- publicise the details of internal support, as well as external helplines and websites;
- offer support to pupils who have been bullied and to those who are bullying in order to address the problems they have.

## **Involvement and liaison with parents and carers**

We will:






- take steps to involve parents and carers in develop policies and procedures, to ensure they are aware that the school does not tolerate any form of bullying;
- make sure that key information about bullying (including policies and named points of contact) is available to parents/carers in a variety of formats;
- ensure all parents/carers know who to contact if they are worried about bullying and where to access independent advice;
- work with all parents/carers and the local community to address issues beyond the school gates that give rise to bullying;
- ensure that parents work with the school to role model positive behaviour for pupils, both on and offline;
- ensure all parents/carers know about our complaints procedure and how to use it effectively, to raise concerns in an appropriate manner.








## **Monitoring and review: putting policy into practice**

- The school will ensure that they regularly monitor and evaluate mechanisms to ensure that the policy is being consistently applied.
- Any issues identified will be incorporated into the school's action planning.
- The headteacher will be informed of bullying concerns, as appropriate.
- The named Governor for bullying will report on a regular basis to the governing body on incidents of bullying, including outcomes.



## Useful links and supporting organisations

CYP and families mental health and wellbeing services		
<p><b>Tees Esk and Wear Valley (TEWV) NHS Foundation Trust</b></p> <p>Signposting directory provides access information and links about services for Children and Young people. Some of which includes:</p> <ul style="list-style-type: none"> <li>• Child and Adolescent Mental Health Services (CAMHS)</li> <li>• Learning and Disabilities Team</li> <li>• Wellbeing in Mind Team (MHST)</li> </ul>	 <p>Hambleton and Richmond</p> <p>York</p> <p>Resources</p>	<p><b>Children and young people in Hambleton and Richmond:</b>  <a href="https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=hambleton-richmondshire">https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=hambleton-richmondshire</a></p> <p><b>Children and young people in the Vale of York:</b>  <a href="https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=vale-of-york">https://www.tewv.nhs.uk/services/?service_type=children-and-young-people&amp;location=vale-of-york</a></p> <p><b>TEWV self-help guides:</b>  <a href="http://www.selfhelpguides.ntw.nhs.uk/tewv/">http://www.selfhelpguides.ntw.nhs.uk/tewv/</a></p>
<p><b>Compass Phoenix</b></p> <p>Supporting CYP in North Yorkshire through early help and prevention of harm work in relation to mild to moderate emotional wellbeing and mental health issues. Compass Phoenix is a free, confidential health and wellbeing service for CYP aged 5-19. Also available for young people with SEND and EHCP up to the age of 25.</p>	  <p>National and regional</p>	<p><b>Website:</b> <a href="https://www.compass-uk.org/contact/">https://www.compass-uk.org/contact/</a></p> <p><b>Email:</b> <a href="mailto:phoenix@compass-uk.org">phoenix@compass-uk.org</a></p> <p><b>Telephone:</b> 01904 661916; 0800 008 7452</p> <p>Confidential text messaging service to young people aged 11-18 across North Yorkshire</p> <p><b>BUZZ US:</b> 0447520631168</p>
<p><b>Mind: Darlington</b></p> <p>Covers ages 11-18. Available support:</p> <p>Parents, Children and Families Listening &amp; Counselling Line.</p> <p>Counselling for self-harm.</p> <p>Class size workshops for emotional wellbeing.</p> <p>Peer support workshops.</p>	 <p>Hambleton, Richmond, Darlington &amp; SW Durham.</p>	<p><b>Website:</b> <a href="https://www.darlingtonmind.com/support-for-children-young-people/">https://www.darlingtonmind.com/support-for-children-young-people/</a></p> <p><b>Email:</b>  <a href="mailto:childrenservice@darlingtonmind.com">childrenservice@darlingtonmind.com</a></p> <p><b>Telephone:</b> 01325 283169</p>
<p><b>Andy's Man's Club</b></p> <p>UK Men's Mental Health Support Groups.</p>		<p><b>Website:</b> <a href="https://andysmanclub.co.uk/">https://andysmanclub.co.uk/</a></p> <p><b>Email:</b> <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a></p>

<p>We are talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life.</p> <p>Nationwide mental health support talking groups open every Monday from 7pm.</p>	<p>National and regional</p>	<p><b>Facebook page links:</b>  <a href="https://andysmanclub.co.uk/yorkshire-clubs/">https://andysmanclub.co.uk/yorkshire-clubs/</a></p>
<p><b>Kooth</b></p> <p>Free, safe and anonymous mental health support. Service includes: a magazine, community discussion boards, <a href="#">live chat</a> and daily journal.</p>	 <p>Regional</p>	<p><b>Website:</b> <a href="#">Home - Kooth</a></p>
<p><b>YoungMinds</b></p> <p>Online information and text chat service for young people and parents in regards to mental health.</p>	 <p>National</p>	<p><b>Website:</b>  <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></p> <p><b>YoungMinds Textline</b> free, 24/7, text YM to 85258.</p> <p><b>Parent helpline:</b> 0808 802 5544</p> <p><b>Parent email service:</b>  <a href="https://www.youngminds.org.uk/parent/parents-helpline-email-service/">https://www.youngminds.org.uk/parent/parents-helpline-email-service/</a></p>
<p><b>NHS North Yorkshire CCG: The Sleep Charity</b></p> <p>Sleep clinics for families of children aged 12 months and up. Delivered via telephone or online. Also suitable for children with Special educational needs and disabilities.</p>	 <p>North Yorkshire</p>	<p><b>Website:</b> <a href="http://www.thesleepcharity.org.uk">www.thesleepcharity.org.uk</a></p> <p><b>Telephone:</b> 07568052300</p>
<p><b>Childline</b></p> <p>Childline is here to help anyone under 19 in the UK with any issue they're going through.</p> <p>You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.</p> <p>Free 24/7.</p>	 <p>National</p>	<p><b>Website:</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p><b>1-2-1 support:</b>  <a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a></p> <p><b>Telephone:</b> 0800 1111</p>
<p><b>Shout</b></p> <p>Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.</p>	 <p>National</p>	<p><b>Website:</b> <a href="https://giveusashout.org/">https://giveusashout.org/</a></p> <p><b>Email:</b> <a href="mailto:info@giveusashout.org">info@giveusashout.org</a></p> <p><b>Text Shout to 85258</b></p>
<p><b>Mentally Healthy Schools</b></p> <p>Mentally Healthy Schools brings together quality-assured mental health resources, information &amp; advice for schools and further education settings in England, Northern Ireland, Scotland and Wales.</p>	 <p>National</p>	<p><b>Website:</b>  <a href="https://mentallyhealthyschools.org.uk/">https://mentallyhealthyschools.org.uk/</a></p>
<p><b>CAMHS</b></p> <p>Specialist Mental Health Services, referrals can be through GP, School, self or parental referral or from a health professional.</p>	 <p>Child and Adolescent Mental Health Services  North Yorkshire</p>	<p>CAMHS (SPOA) on <b>0300 0134778</b> (Monday to Friday 9am to 5pm).</p> <p><a href="#">You can also download the referral form here.</a></p>

		<a href="https://www.hdft.nhs.uk/services/childrens-services/specialist-childrens-services/hambleton-richmondshire/">https://www.hdft.nhs.uk/services/childrens-services/specialist-childrens-services/hambleton-richmondshire/</a>
<p><b>CAMHS Crisis</b></p> <p>If a young person is suicidal or has self-harmed, is experiencing extreme emotional distress that won't stop, is experiencing sudden or severe anxiety which is preventing them getting on with their normal life or is in extreme emotional distress and would like to speak to someone.</p> <p>Or if anyone needs urgent advice about a young person's mental health.</p>	 <b>CAMHS</b> <small>Child and Adolescent Mental Health Services</small>  North Yorkshire	<b>Freephone</b> All Age Crisis: 08000516171  <i>(Crisis cannot provide medication, restraint, or accommodation)</i>
<p><b>Healthy Child Team</b></p> <p>A team of specialist nurses and practitioners who work in community settings and schools to protect and promote the health of children and young people aged 5-19. The team provide universal and targeted interventions, including height and weight measurement, immunisations and emotional health and wellbeing support. The team are a first point of contact for concerns about the health and wellbeing of a young person.</p>	 NHS Harrogate and District <small>NHS Foundation Trust</small>	Website:  <a href="https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-north-yorkshire/5-19-ny/">https://www.hdft.nhs.uk/services/childrens-services/growing-healthy-north-yorkshire/5-19-ny/</a>
<p><b>The Go To</b></p> <p>Directory, wellbeing tips and resources for young people in North Yorkshire. Information available for young people, carers and professionals.</p>	 NHS North Yorkshire <small>Clinical Commissioning Group</small>   North Yorkshire	Website:  <a href="https://thegoto.org.uk/">https://thegoto.org.uk/</a>
<p><b>North Yorkshire Youth</b></p> <p>Commissioned by NYCC to provide support and advice to volunteer-led community youth clubs and projects. And to recruit and support adult volunteers befriending 14-19yr olds in North Yorkshire as part of the Buddy Network. Young people are offered buddies at the end of their involvement with a Family Outreach Worker (NYCC Prevention).</p> <p>NYY also provide training courses for young people and professionals, as well as activity days at Carlton Lodge.</p>	 North Yorkshire Youth  North Yorkshire (based in Thirsk)	Website:  <a href="https://www.nyy.org.uk/youth/youth-home">https://www.nyy.org.uk/youth/youth-home</a>  Tel: 01845 522 145  Email: <a href="mailto:info@nyy.org.uk">info@nyy.org.uk</a>
<p><b>North Yorkshire Sport</b></p> <p><b>Achieve (13+):</b> Designed to use sport and activity to inspire young people to create a brighter future for themselves by supporting the development of skills and opportunities in their local area. Outcomes - Increase resilience, perseverance, and persistence. Improve social, physical, and emotional wellbeing. Improved self-confidence and self esteem</p>	 North Yorkshire Sport  North Yorkshire	Website  <a href="https://www.northyorkshiresport.co.uk/achieve">https://www.northyorkshiresport.co.uk/achieve</a>  Contact -  Jody Ivel - Development Manager - Youth Engagement  Telephone 01423637650




<p><b>Stepping Up:</b> (1-1 Mentoring) Early intervention and prevention project to divert children and young people who have not yet entered the criminal justice system but are beginning to show signs or risky or challenging behaviour within school, home or within their local community. Involves mentoring from an Athlete to develop key areas such as confidence, self-esteem, motivation, aspirations (all tailored and dependant on the YP). They will also explore different activities they might like to try and be signposted to local provision accordingly.</p>		<p>Email jody@northyorkshiresport.co.uk</p>
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**SEND services & support**



<p><b>North Yorkshire SENDIASS</b></p> <p>A free, confidential and impartial service, provided at arm's length from the local authority.</p> <p>Information, advice and support relating to special educational needs and disability (SEND) provided by professionally trained Advisers</p> <p>Support through the statutory processes relating to Educational Needs and Education Health, and Care (EHC) needs assessment and planning</p> <p>Practical support to find the answers to your questions in relation to education, health and social care services.</p> <p>For Young People 16-25</p> <p>If you are a young person with SEND we can offer free, confidential and impartial advice and support.</p> <p>We offer information and advice about the law on special educational needs and disability.</p>	<p>North Yorkshire</p>	<p><b>Website:</b> <a href="http://sendiassnorthyorkshire.co.uk/local/">http://sendiassnorthyorkshire.co.uk/local/</a></p> <p><b>Email:</b> <a href="http://sendiassnorthyorkshire.co.uk/contact-us/">http://sendiassnorthyorkshire.co.uk/contact-us/</a></p> <p><b>Telephone:</b> 01609 536923</p> <p><b>Web link to advice/information:</b> <a href="http://sendiassnorthyorkshire.co.uk/resources/leaflets-and-factsheets/">http://sendiassnorthyorkshire.co.uk/resources/leaflets-and-factsheets/</a></p>
<p><b>Short breaks for disabled children and young people.</b></p> <p>Short breaks are available to families to provide a break from caring for a disabled child and for the child to have a break from their carers.</p> <p>Short breaks are matched to meet the child's needs, interests and preferences and aim to provide:</p> <ul style="list-style-type: none"> <li>• extra social opportunities for the child;</li> <li>• a break for the parents and child; or</li> <li>• time for parents to spend with other children in the family</li> </ul>	<p>North Yorkshire</p>	<p><b>Website</b></p> <p><a href="https://www.northyorks.gov.uk/short-breaks-disabled-children-and-young-people">https://www.northyorks.gov.uk/short-breaks-disabled-children-and-young-people</a></p>
<p><b>Parent Carer Voice (Used to be NYPACT):</b></p> <p>Supporting families with children and young people (0-25 years old) with SEND.</p> <p>Our vision is to inform, empower and represent the collective voice of families with SEND in the region. We are a community, connecting families through shared information, experiences and mutual support.</p>	<p>North Yorkshire</p>	<p><b>Website:</b> <a href="https://www.parentcarervoiceuk.org/">https://www.parentcarervoiceuk.org/</a></p> <p><b>Email:</b> <a href="mailto:info@parentcarervoiceuk.org">info@parentcarervoiceuk.org</a></p> <p><b>Telephone:</b> 07396 641232 07511 928448</p>

<p><b>Carers Plus Yorkshire (formerly Carers' Resource)</b></p> <p>Free and confidential support for unpaid carers from the age of 8 upwards. Support services includes:</p> <ul style="list-style-type: none"> <li>• Adult carers</li> <li>• Young Adult Carers</li> <li>• Young Carers service</li> <li>• Action for Inclusion</li> <li>• Home from hospital</li> <li>• My neighbourhood</li> </ul>	<p>Hambleton &amp; Richmondshire</p>	<p><b>Website:</b> <a href="http://www.carersplus.net">www.carersplus.net</a></p> <p><b>Email:</b> <a href="mailto:admin@carersplus.net">admin@carersplus.net</a></p> <p><b>Telephone:</b> 01609 780872</p>
<p><b>National autistic society</b></p> <p>Providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.</p>	<p>National and regional support</p>	<p><b>Website:</b> <a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a></p> <p><b>Email:</b> <a href="mailto:nas@nas.org.uk">nas@nas.org.uk</a></p> <p><b>Telephone:</b> 0207 833 2299</p> <p><b>Local branch:</b> North Yorkshire</p> <p><b>Email:</b> <a href="mailto:North.York@nas.org.uk">North.York@nas.org.uk</a></p> <p><b>Telephone:</b> 07818 016431</p>
<p><b>Contact: for families with disabled children</b></p> <p>We support families, bring families together and help families take action for others:</p> <ul style="list-style-type: none"> <li>• Information and advice</li> <li>• Workshops and events</li> <li>• Listening ear: 1-2-1 support</li> <li>• Parent carer participation</li> <li>• Training</li> </ul> <p>We run a free helpline for parents and carers with a disabled child aged from birth to 25, living in any part of the UK. Your child does not need a diagnosis for you to call our helpline.</p>	<p>National and regional</p>	<p><b>Website:</b> <a href="https://contact.org.uk/">https://contact.org.uk/</a></p> <p><b>Telephone helpline:</b> 0808 808 3555</p>
<p><b>Mencap</b></p> <p>Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.</p>	<p>National and local support</p>	<p><b>Website:</b> <a href="https://www.mencap.org.uk/">https://www.mencap.org.uk/</a></p> <p><b>Telephone:</b> 01723 374819</p>
<p><b>The Daisy Chain Project</b></p> <p>ADHD - Autism - Sensory Processing</p> <p>A free confidential service providing support, advice, and information for neurodiverse adults, young people and their families.</p>	<p>Stockton-on-Tees</p>	<p><b>Website:</b> <a href="https://www.daisychainproject.co.uk/">https://www.daisychainproject.co.uk/</a></p> <p><b>Helpline:</b> 0800 031 5445</p>

<p>No matter what stage of your journey, we can offer:</p> <ul style="list-style-type: none"> <li>• Strategies</li> <li>• Resources</li> <li>• Signposting to other services</li> <li>• Advice</li> <li>• Supportive listening</li> </ul>		
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LGBT+ services & support		
<p><b>Yorkshire Mesmac</b></p> <ul style="list-style-type: none"> <li>• Youth group online every Wed 5pm-7pm.</li> <li>• 1:1 support for LGBT+ young people over 14 years. Face to face general support around gender, sexuality issues and risk-taking behaviours.</li> <li>• Assemblies and classes to over 14s on LGBTQ+ issues, bullying and support.</li> <li>• Staff can offer training on LGBT+ awareness and homo / bi / trans phobic bullying and how to tackle and prevent it in schools.</li> </ul>	 <p>York &amp; North Yorkshire</p>	<p><b>Website:</b> <a href="https://www.mesmac.co.uk/">https://www.mesmac.co.uk/</a></p> <p><b>York Email:</b> <a href="mailto:york@mesmac.co.uk">york@mesmac.co.uk</a></p> <p><b>York Telephone:</b> 01904 620400</p> <p><b>North Yorkshire email:</b> <a href="mailto:northyorkshire@mesmac.co.uk">northyorkshire@mesmac.co.uk</a></p> <p><b>North Yorkshire Telephone:</b> 01609 258745</p>
<p><b>Being gay is ok - UK based website</b></p> <p>Information and advice for gay, lesbian, bisexual and unsure under twenty-fives.</p> <p>Bgiok is about practical advice and information about homosexuality and cutting through the stereotypes and negativity around it. Bgiok aims to help young people feel better about their sexuality and about the person they are beyond that.</p>	 <p>National</p>	<p><b>Website:</b> <a href="http://www.bgiok.org.uk/index.html">http://www.bgiok.org.uk/index.html</a></p> <p><b>Telephone:</b> 01483 727667</p>
<p><b>York LGBT Forum</b></p> <p>York LGBT Forum is a charity which aims to improve LGBT rights.</p> <ul style="list-style-type: none"> <li>• Source &amp; provide access to a multitude of LGBT related resources. Our resource bank is open and available to all.</li> <li>• A consultation mechanism and support network to schools and other agencies to help tackle common issues.</li> </ul>	 <p>York &amp; North Yorkshire</p>	<p><b>Website:</b> <a href="https://www.yorklgbtforum.org.uk/">https://www.yorklgbtforum.org.uk/</a></p> <p>Schools and young people webpage: <a href="https://www.yorklgbtforum.org.uk/schools/">https://www.yorklgbtforum.org.uk/schools/</a></p> <p><b>Email:</b> <a href="mailto:enquiry@yorklgbtforum.org">enquiry@yorklgbtforum.org</a></p> <p><b>Telephone:</b> 07731 852 533</p>



<p><b>Mermaids</b></p> <p>Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.</p>	 <p>National</p>	<p><b>Website:</b> <a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a></p> <p><b>Email:</b> <a href="mailto:info@mermaidsuk.org.uk">info@mermaidsuk.org.uk</a></p> <p><b>Telephone:</b> 0808 801 0400</p>
<p><b>LGBT Foundation</b></p> <p>A national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.</p>	 <p>National</p>	<p><b>Website:</b> <a href="http://www.lgbt.foundation/">http://www.lgbt.foundation/</a></p> <p><b>Email:</b> <a href="mailto:info@lgbt.foundation">info@lgbt.foundation</a></p> <p><b>Telephone:</b> 0345 3 30 30 30</p>

<b>Criminality &amp; Victim Support</b>		
<p><b>Supporting Victims in North Yorkshire</b></p> <p>Telephone support service for those effected by crime. Under 18's require consent from parent.</p>	 <p>North Yorkshire</p>	<p><b>Website:</b> <a href="http://www.supportingvictims.org/">http://www.supportingvictims.org/</a></p> <p><b>Email:</b> <a href="mailto:supportingvictims@northyorkshire.pnn.police.uk">supportingvictims@northyorkshire.pnn.police.uk</a></p> <p><b>Telephone:</b> 01609 643100</p>
<p><b>The Children's Society (Hand in Hand)</b></p> <p>Hand in Hand works with children and young people aged between 10 and 18 who are at risk of, or are currently being, sexually or criminally exploited, and those that are repeatedly reported missing.</p>	 <p>National</p>	<p><b>Website:</b> <a href="https://www.childrenssociety.org.uk/">https://www.childrenssociety.org.uk/</a></p> <p><b>Email:</b> <a href="mailto:handinhand@childrenssociety.org.uk">handinhand@childrenssociety.org.uk</a></p>
<p><b>Change Directions</b></p> <p>Reducing crime and antisocial behaviour in children. Trauma informed support and intervention. Available to children aged 10-17 who are at risk of offending.</p>	<p>York &amp; North Yorkshire</p>	<p>You can request a referral form from Clare Yates, Youth Development Manager at <a href="mailto:clare@nyy.org.uk">clare@nyy.org.uk</a></p>
<p><b>IDAS: Independent Domestic Abuse Services</b></p> <ul style="list-style-type: none"> <li>Respect programme: 12-week support service for youths who are starting to display abusive/aggressive behaviour in relationships/family. Aged 10-16.</li> </ul>	 <p>National &amp; Regional</p>	<p><b>Website:</b> <a href="https://www.idas.org.uk/">https://www.idas.org.uk/</a></p> <p><b>Email:</b> <a href="mailto:info@idas.org.uk">info@idas.org.uk</a></p> <p><b>National 24 hours helpline:</b> 0808 2000 247</p>



<ul style="list-style-type: none"><li>• 1:1 and group work with young person and families that are victims of domestic abuse. Aged 10+.</li><li>• Support and access to safe accommodation.</li></ul>		<b>North Yorkshire:</b> 03000 110 110
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