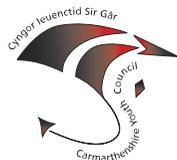


# Stand Up To Bullying Report 2016

By Carmarthenshire Youth Council

# Stand **UP** to bullying

#CYCStandUP



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## INTRODUCTION

This report outlines what we found out at our STAND UP TO BULLYING Youth Conference 2015. The aim of the conference was to understand what bullying is like in Carmarthenshire and to get people to Stand Up To Bullying by sharing their experiences and letting decision makers know what the areas of concerns are and what can be done to improve Bullying in the County.

We chose the theme of Bullying as it is one of the biggest problems in Carmarthenshire and it was one of our priorities for the year. Over 120 young people across the county aged 11 to 25 years old came together in Parc Y Scarlets on the 18th of November 2015, to celebrate National Anti Bullying Week. We discussed issues around bullying, how it affected them and think of solutions to influence decision makes to create a positive impact.



Eight out of 10 children will be bullied at some time in their young lives. (BBC figures)

More than 16,000 young people are absent from school due to bullying. (Red Balloon 2011)

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# SUPPORTERS

## CARMARTHENSHIRE COUNTY COUNCIL

Again, we had the support of Carmarthenshire County Council this year with Rob Sully Director of Education and Heads of Service present to listen and give feedback to attendees. We were also very fortunate to have Councillor Gareth Jones, Executive Board Member for Education and Children Service Officially open our 2015 Youth Conference.

## BULLIES OUT

We were delighted to have Jessica Sharp, the bullying ambassador from Bullies Out as our main Guest Speaker. She has experienced the worst of bullying. By sharing her story, she inspired the young people present to stand against bullying, showing them that they too can be strong. We are so grateful that Jess shared her story with us to help so many other young people.

## YOUNG WALES

Young Wales were at the conference encouraging young people and adults from Carmarthenshire to take part in the All Wales National Campaign #SayNoBullyingMustGo It was a really important message that was given to young people in a fun and interactive way and made young people be a part of something much bigger by using social media to pass on the message.



Cllr. Gareth Jones



#SayNoBullyingMustGo



Jess Sharp

# GETTING INVOLVED

During the conference we had 5 different workshops. Each workshop gave young people and adults the chance to share their experiences, express their views and give their opinions on bullying issues.

The 5 workshops discussed bullying through:

## 1. Arts and Crafts workshop

Arts and Wellbeing ran a workshop for young people to help generate young people's views, opinions and experience through arts and crafts. Exploring how bullying may feel, why young people may bully others through drawing characters.



## 2. Drama workshop

Arts and Wellbeing ran an interactive drama workshop for young people to capture young people views and experiences through movement and expression. Young people who attended the workshop created a bullying scene and spoke about how young people would feel in the different roles.

## 3. Discussion workshops

Carmarthenshire Youth Health Team – Iechyd Da ran a discussion based workshops for young people, who had the opportunity to talk about and share their personal experiences and issues relating to bullying.

## 4. Group workshop

Bullies Out ran a participative workshop for young people, where they shared and discussed their views, experiences and opinions on bullying through different group tasks and discussions.

## 5. Adult workshop

Young Wales delivered a workshop to adults and professionals attending the conference to provide them with a safe space where they could share their experiences of dealing with Bullying, discuss difficulties, good practice and identify a way forward.

**“We miss school due to being bullied because bullies are getting away with it.**

# SHARING GOOD PRACTICE

In the afternoon we had pupils from Ysgol Yr Hendy and Coedcae School share their good work and methods of reducing and tackling bullying within their schools, and how other schools could implement the strategies within their own school.

## YSGOL YR HENDY

Pupils gave a presentation and informed everyone that there are approximately 16,000 absences from school each year due to bullying, but bullying can be stopped!

To stop/reduce at their school, they have put a number of things in place:

- A video has been made which promotes the message “every child has a right to be safe and happy”. It highlights the various forms which bullying can take e.g emotional, physical, cyber & verbal, the effects it can have on a child/young person’s health; including not wanting to go to school.
- The school has Stonewall Champions who promote “everyone is different”.
- A school play about bullying has been performed in front of parents, governors and other children.
- All children are encouraged to talk to a prefect/friend/trusted adult about what upsets them.
- “Pop it in a box” – everyone is encouraged to write down what is worrying them, if they find they cannot talk about it.
- The school has anti-bullying ambassadors in place.
- Child-line is promoted within.



The school motto is:  
“Together we are so much more”

## COEDCAE SCHOOL

The Head boy and Head girl gave a short presentation and informed everyone that bullying occurs in every school. **Some of the action introduced in Coedcae School is;**

- An anti-bullying policy can work if everyone has a common definition and is involved; staff and pupils need to work together.
- An anti-bullying focus group has been set up to look at structures and how bullying is reported.
- All information to do with bullying is shared on school notice-boards and on the school web-site.
- Prefects are trained and have key roles such as running a drop in centre for pupils.
- A red box has been placed in the school office to encourage pupils to write their concerns down when they are unable to communicate verbally.
- The above actions contribute to the high attendance figures at the school in addition to exemplary school behaviour. They reported that Estyn have also given their approval to the actions taken and they will continue the good work with Bi-annual reviews to be upheld and ensure peer training continues



**“A large number of bullies have been bullied themselves. More teacher training should be given on how bullying can make victims feel and how teachers can deal with it.”**

# FINDINGS

Bullying is a wide spread problem throughout Carmarthenshire. Bullying seems to be happening everywhere, online, in school and outside of school. When we held our conference we heard so many stories and first hand experiences of bullying and how it affected them in their daily lives.

Here are our main findings, to help children and young people be safe and happy in Carmarthenshire by **STANDING UP TO BULLYING**;

## 1. Raising awareness for School Staff

Teachers and School Staff need to have anti-bullying training; so they are made aware of the warning signs of bullying; the affects of bullying and how to properly deal with bullying. We acknowledge that teachers are there to teach, but because bullying is such a problem in our schools, we feel a 'Specialist' (anti-bullying Trained Teacher or Youth Worker etc) should be on hand so that people (other teachers, staff, pupils or parents) can refer both those being bullied and the bully to. Having the specialist means they can access the right help and support and something can be done about the situation.

## 2. Support & Advice Out of School

There needs to be better/more access to support for young people especially young people with needs on how to deal with being bullied as it's difficult to find. We think this support and advice should be offered outside of school, such as having someone to talk to at a drop in centre, more education on bullying and awareness on how serious bullying is at a youth club, or even access to counsellors outside of school.

**"Bullying is constantly happening, so walking away from it doesn't work"**

### 3. One Carmarthenshire Anti-Bullying Framework

We think that every school in Carmarthenshire should have and work to the same Anti-Bullying framework. Having one framework would make sure every young person knows and understands what they can expect during such difficult times, or if it's the bully they know the consequences are the same. This is especially important at a time when pupils attend more than one school or when they move schools, they will feel safe in the knowledge that the procedure is the same, with the same support given and the same treatment to bullies in every school.

### 4. Bullying vs Banter

Another underlying problem that was highlighted with bullying was 'Bullying vs Banter'. It's felt that bullying became normalised because it was passed as banter rather than bullying. This is probably the hardest form of bullying to identify as some of those being bullied may even dismiss it themselves as it becomes normality. This is more of an issue for young people in Key Stage 4 as even the most hurtful of situations is almost always seen as banter.

### 5. Feedback

Telling someone that you are being bullied is very hard and we found that when young people finally had the courage to tell someone they think that nothing gets done about it. We think that teachers and adults need to give more feedback to those being bullied after they report it, as young people think that they are being ignored by teachers, teachers dismissing the problem or teachers not being able to give a solution to the problem. Young people need to be given feedback and to be told what, if anything is happening.

*"When you have plucked up the confidence to tell someone and they don't do anything and just pass it off, it makes matters worse - often this is because that person is unsure what to do, as they have not had any bullying training."*

## 6. Support for bullies

Many bullies have been bullied themselves. We think that punishment or reduced rewards for bullies does not work in our schools, and can sometimes even fuel the bullies reputation. Instead of punishment, schools should be giving support to bullies and working with them, this could stop bullying at its source, instead of moving it onto another person.



Carmarthenshire  
Youth Council

If some or all of these issues affect you in any way, or you need to speak to somebody, please contact confidentially;

**Meic**

Web: [www.meiccymru.org](http://www.meiccymru.org)

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