



Newsletter

36% of Wrexham Secondary students have reported being bullied at school over the last few months.



SCHOOL
HEALTH
RESEARCH
NETWORK

There has been a 4% drop of students reporting bullying others from the previous survey.

Lets all help beat this together.....

(SHRN data collection Autumn 2019)

Bullying affects lots of people and can happen anywhere: at school, travelling to and from school, in sporting teams, in friendship or family groups or in the workplace.



BullyingUK
Part of **family lives**

Bullying UK, part of Family Lives, is a leading charity providing advice and support to anyone affected by **bullying**. This could be bullying at school, work, advice for parents, cyber bullying and so much more....

Bullying.co.uk



Bullying affects over one million young people every year, and anyone can be bullied. Here's what you can do if you're being bullied.

[young minds](#)

Bullying and cyberbullying

If you or someone you know is being bullied we're here to help. Try our tips below or find out how to help a friend.

- [What is bullying?](#)
- [Dealing with bullying](#)
- [Can I talk to the police?](#)
- [Taking care of your mental health](#)
- [Supporting someone who's being bullied](#)
- [Help if you're bullying someone](#)



[childline](#)



Looking to get involved in #StandUpToBullying day? We've created a whole range of resource packs to get you started.

Whether you're looking to support on social media, run a session in your school or review your organisation's anti-bullying policy there's plenty to get you going.

[standuptobullying.co.uk](#)

Online blackmail education resource for 15-18 year olds



Online blackmail is a new education resource which aims to help young people identify key characteristics of how blackmail manifests online, understand the impact it can have, and how they access help if they experience it.

The term 'online blackmail' is used to refer to the act of threatening to share information about an individual (including sexual images or videos) to the public, or their friends and family, unless a demand is met. Anyone can be targeted by online blackmailers, but as young people begin to become more financially

independent, this can be a point of vulnerability which offenders seek to exploit.

[Click here](#)



'Home shouldn't be a place of fear' campaign so far. It aims to let those at risk of domestic abuse, sexual violence and coercive control know that help is available 24 hours a day, every day, via Live

Fear Free. We need your continued support to reach anyone in a position to help those who may be at an increased risk, including family, friends and service providers, also volunteers.

There are a number of ways to contact the Live Fear Free helpline for help and support – by telephone 0808 8010800, also live chat, text or email, visit our website for information.

The campaign includes advertising on TV (Sky AdSmart and S4C), regional and community radio, Spotify, social media and digital channels.

We've developed an animation illustrating snapshots of scenarios and the issues that Live Fear Free can support. We've also updated our 'Partner pack' with new messaging and creatives as restrictions ease, and again want to promote the link to the on-line training available that so many have now taken.

To find out more visit: <https://gov.wales/live-fear-free/staying-safe-during-coronavirus-emergency>

How You Can Support the Campaign

- Sharing and re-tweeting messages from our social media channels: [Twitter](#) and [Facebook](#)
- Tagging the campaign in your own social media messages using #livefearfree #bywhebofn
- On your website, in newsletters, emails and downloading and displaying posters and sharing images on digital screens as areas open to the public
- Complete the VAWDASV ELearning module and also encourage others

If you need information in a format not included, please contact us: VAWDASV@gov.wales

All campaign materials (including jpegs, posters and social media assets) can be downloaded here:

<https://gov.wales/home-shouldnt-be-place-fear-campaign-campaign-material>

All materials are available bilingually

VAWDASV@llyw.cymru



- Are you 11-25 and worried about knife crime in Wrexham? Complete this consultation and have your say.

The consultation is live and will be open until Friday 31st July.

<http://www.yourvoicewrexham.net/survey/1101>

This questionnaire is completely anonymous; we would like young people to answer the questions openly and honestly.

And finally.....

MIDWEEK MOTIVATION

Keep your face
always towards
the sunshine
and shadows
will fall behind
you.

Walt Whitman