

# Index of Useful Organisations



**Alcoholics Anonymous National Helpline** Tel 0845769 7555

**Action for Children** [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) Tel 028 9046 0500

**AdaptNI** [www.adaptingdistress.com](http://www.adaptingdistress.com) Helpline 028 3834 7535

**Anxiety UK** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Helpline 08444775 774

**AwareNI** [www.aware-ni.org/moodmattersforyoungpeople.aspx](http://www.aware-ni.org/moodmattersforyoungpeople.aspx) Helpline 08451 202961

**Barnardo's** [www.barnardos.org.uk](http://www.barnardos.org.uk) Tel 028 9067 2366

**Beat Bullying** [www.beatbullying.org](http://www.beatbullying.org)

**Brook** [www.brook.org.uk](http://www.brook.org.uk) Tel 028 9032 8866 or National Helpline 0808 802 1234

**Child Bereavement Charity** [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

**Child Exploitation and online Protection Centre** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Childline** [www.childline.org.uk](http://www.childline.org.uk) Tel 08001111

**Children's Law Centre** [www.childrenslawcentre.org](http://www.childrenslawcentre.org) - Chalky Freephone 0808 808 5678

**Counselling 4 Youth** [www.counselling4youth.co.uk](http://www.counselling4youth.co.uk) Tel 028 9073 1571

**CruseNI** [www.cruseni.org](http://www.cruseni.org) Tel 028 9079 2419

**Cruse** [www.rd4u.org.uk](http://www.rd4u.org.uk) Helpline Tel 0808 808 1677

**Disability Action** [www.disabilityaction.org](http://www.disabilityaction.org) Tel 028 9029 7880 Text phone 028 9029 7882

**Domestic Violence** 24 Hr Helpline 0800 917 1414

**Eating Disorder Association** [www.eatingdisordersni.com](http://www.eatingdisordersni.com) Tel 028 9023 5959

**Family Planning Association NI** [www.fpa.org.uk](http://www.fpa.org.uk) Helpline Tel 08451 228687

**FASA** [www.fasaonline.org](http://www.fasaonline.org) Tel 028 9080 3040

**Gay and Lesbian Youth NI** [www.glyni.org.uk](http://www.glyni.org.uk) Tel 028 9089 0202

**Lifeline** 0808 808 8000

# Index of Useful Organisations



**Lighthouse** [www.lighthouseireland.org](http://www.lighthouseireland.org) Tel 028 9075 5070

**National Drugs Helpline** 0800 776600

**New Life Counselling** [www.newlifecounselling.net](http://www.newlifecounselling.net) Tel 028 9039 1630

**NHS Choices** [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell)

**NI Anti-Bullying Forum** [www.niabf.org.uk](http://www.niabf.org.uk)

**NI Commissioner for Children and Young People** [www.niccy.org](http://www.niccy.org)

**NI Council for Ethnic Minorities** [www.nicem.org.uk](http://www.nicem.org.uk) Tel 028 9023 8645

**NI Direct** [www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing](http://www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing)

**North Down Family Works** [www.communityworksonline.com](http://www.communityworksonline.com) Tel 028 9182 1721

**PIPS Newry and Mourne** [www.pipsnewryandmourne.org](http://www.pipsnewryandmourne.org)  
Tel 028 3026 61 95 Mobile 07707039799

**Public Health Agency** [www.mindingyourhead.info](http://www.mindingyourhead.info) [www.thinkitthrough.org.uk](http://www.thinkitthrough.org.uk)  
[www.up-2-you.net](http://www.up-2-you.net) [www.want2stop.info](http://www.want2stop.info) [www.getalifegetactive.com](http://www.getalifegetactive.com) [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

**Princess Royal Trust for Carers** [www.youngcarers.net](http://www.youngcarers.net)

**Relate** [www.relate.org.uk/life-channel-young/index.html](http://www.relate.org.uk/life-channel-young/index.html) Tel 028 9032 3454

**Samaritans** Helpline 08457 909090

**Talk to Frank** [www.talktofrank.com](http://www.talktofrank.com)

**The Hideout** [www.thehideout.org.uk](http://www.thehideout.org.uk)

**Voice of Young People in Care** [www.voypic.org](http://www.voypic.org) Tel 028 9024 4888

**Winston's Wish** [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

**Young Minds** [www.youngminds.org.uk/young-people](http://www.youngminds.org.uk/young-people)

*Every effort has been made to provide accurate and complete information. The Department of Education cannot, however, accept responsibility for any errors or endorse the listed organisations.*



# SAFEGUARDING

## CHILD PROTECTION AT CGS



### Mr J Frew

Deputy Designated Teacher  
L.R. campus



### Mr TA Hamilton

Designated Teacher  
L.R. and C.R. campus



### Mrs K Taggart

Deputy Designated Teacher  
C.R. campus



At Coleraine Grammar School we:

- promote the welfare of all pupils in our care
- have a policy about our procedures when dealing with child abuse

What do I do if I  
have a concern about  
myself or another pupil?

You could contact  
CHILDLINE (0800 1111)  
Lifeline (0808 808 8000)

On the **Lodge Road Campus** you can talk to  
your Registration Tutor, Pastoral Leader,  
**Mr Hamilton, Mr Frew** or anyone you feel  
comfortable with.

On the **Castlerock Road Campus** you can  
talk to your Registration Tutor, Pastoral  
Leader, **Mr Hamilton, Mrs K Taggart** or  
anyone you feel comfortable with.

The teacher in whom you confide will:

- be sympathetic and supportive and reassure you that it is right to tell
- not promise confidentiality; the teacher will explain that there are others to whom this information may have to be reported, to ensure you receive help
- believe what you are saying
- remain calm and reassuring and will not pass judgement
- listen carefully and quietly

# CYBER BULLYING



Cyberbullying is when one person or a group of people aim to threaten, tease or embarrass someone else by using a mobile phone, the internet or other technologies.

Those who take part in online bullying often use a group of friends to target their victims by asking them to add a comment to a photo on a blog, or asking them to forward it onto another group of friends. Sometimes, these people don't even realise they're actually bullying someone.

Cyberbullying takes many forms. These are the main ones:

## **Email**

Sending emails that can be threatening or upsetting. If someone sends you a message and you forward or laugh at it, you're actually adding to the problem.

## **Instant messenger and chatrooms**

Sending instant messenger and chatroom messages to friends or direct to a victim. Others can be invited into the bullying conversation, who then become part of it by laughing.

## **Mobile phone**

Sending humiliating and abusive text or video messages, as well as photo messages and phone calls over a mobile phone.

# CYBERBULLYING

## Laugh at it, and you're part of it



## **The effects of cyberbullying**

Even though cyberbullying cannot physically hurt you, it can still leave you feeling mentally vulnerable and very upset. You can also feel scared, lonely and stressed and believe that there is no way out.

## **Don't get involved**

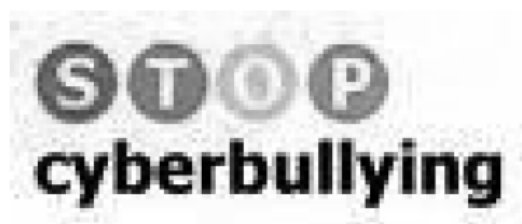
Even if you're not a ringleader you can easily be part of the problem by adding abusive comments to an online messageboard or sending a photo you've received on your phone to your friends. Be smart. If you're sent or come across anything that is hurtful, offensive or threatening to someone else, don't laugh at it or encourage it.

Think how it would make you feel if it was aimed at you, a friend or a member of your family.

## **What you can do about it**

If you are having problems with mobile or online bullying, here are a few ideas about what you can do to help you deal with it and stop it happening:

- talk to someone you trust about it, like a friend, a teacher or an older relative
- keep and save any bullying emails, text messages or images you receive
- make a note of the time and date that messages or images were sent, along with any details you have about the sender
- try changing your online user ID or nickname
- change your mobile phone number and only give it out to close friends
- mobile phone companies and internet service providers can trace bullies, so don't be afraid of reporting it to them
- block instant messages from certain people or use mail filters to block emails from specific email addresses
- don't reply to bullying or threatening text messages or emails – this could make matters worse and lets those carrying out the bullying know that they've found a 'live' phone number or email address
- report serious bullying to the police



# INTERNET SAFETY



## ZIP IT

Keep your personal stuff private and think about what you say and do online.



## BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



## FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Pupils must be aware of the guidelines set out in school for the acceptable use of the Internet. Access to the Internet remains a privilege and not a right. It is given to pupils who act in a responsible and considerate manner. The use of the Internet will be withdrawn if pupils fail to maintain acceptable standards.

## Safety

Computers connected to the Internet are located in public areas, in full view of the people around you; C2K provide a filtering service on all websites and e-mail. Nonetheless, no filtering service can be completely foolproof and the responsible behaviour of the user remains an important factor in security. The Network Administrator can and does review files and communications at any time to maintain system integrity and ensure that users are using the system responsibly.

## Acceptable Use

Years 8 - 12 use the Internet during class time to develop their skills competence in ICT, research skills and to support their work in different curriculum areas. During class times all use of the Internet is under the direction of the teacher. Pupils may ask permission to use the Internet outside class times (lunchtime or after school) to support their schoolwork. Sixth Form Pupils are encouraged to use the Internet in class time and study time, to investigate careers and Further and Higher Education, develop their competence in ICT skills and their general research skills.

YOU are expected to use the internet responsibly at all times. Failure to do so will result in removal of this privilege.

## **BOUNCE BACK**

**B**ad times don't last. Things always get better.

**O**ther people can help if you talk to them.

**U**nhelpful thinking makes you more upset.

**N**obody is perfect - not you and not others.

**C**oncentrate on the positives and use laughter.

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life.

**B**lame fairly. How much of what happened was due to you, to others or circumstances?

**A**ccept what can't be changed (but try to change what you can first).

**C**atastrophising exaggerates your worries. Don't believe the worse possible picture.

**K**eeep things in perspective. It's only part of your life.

## LOOK AFTER YOUR MIND

If you have a problem talk to someone you trust – there is a **school counsellor** who is available to anyone who needs to talk. You can ask for an appointment on the Lodge Road Campus by completing a slip and posting this into the box under the crush hall stairs, or by speaking to Mr T.A Hamilton. On the Castlerock Road Campus you should speak to Mr T.A. Hamilton or post a slip into the box outside the Headmaster's office.

The School Counsellor is called **JEAN**. You may also find useful advice at <http://www.deni.gov.uk/index/pupils-and-parents/pupils/your-emotional-health-and-wellbeing.htm>

Listen to your **friends** when they need help,  
Support each other – but don't chat about other people's problems –  
remember they trusted you when they told you.  
Sometimes, however, it is right to pass on information –if you are concerned about someone and think they might be in danger then talk to an adult you trust.

Don't keep your problems bottled up.

### REMEMBER

Friends:

Care and share

Trust and respect you

Are always there

Friends Don't:

Let you down

Talk in a bad way about you

Pressure you into doing something you don't want to do

If you are feeling down it is easy to think everyone is against you. There is no one quite like you – you are unique and special.

