

Need Support? ✉

TEENAGE
HELPLINE 

support@teenagehelpline.org.uk

www.teenagehelpline.org.uk



Carshalton High School for Girls

Excellence: everywhere, every day.

part of the  Girls' Learning Trust

West Street, Carshalton,
Surrey SM5 2QX

t: 020 8647 8294 - f: 020 8773
8931

office@chsg.org.uk
www.chsg.org.uk

 **BullyingUK** 
Part of **family lives**



Helpline
0808 800 2222

www.bullying.co.uk

What If...

*Someone is
unkind to me?*



[#teamchsg](https://twitter.com/teamchsg)

What if...

Someone is unkind to me?

Do not retaliate.

Talk to your form tutor –they are there to help you everyday.

Talk to the member of staff on duty at break or lunch.

Talk to the Pastoral Support Officer for your year group.

Talk to your class teacher if it happens in a lesson.

Report it via Sharp on the school website.

Talk to your Head of Year.

Talk to an adult when you get home.

What if

it continues online?

If the messages are abusive or threatening ask an adult to help you report it to the police via 101.

Report the sender to the social media site they can help you remove the message and can investigate the sender.

	LOG OFF the site where the bullying is happening.
	BLOCK EMAILS or messages. Don't respond to them.
	SAVE THE MESSAGE or email and show an adult.
	TELL SOMEONE you trust.

TALK TO US



Saturday Support

You can talk to a counsellor on Saturdays from 10am-1pm. Call on 0800 980 7475 for confidential support.

Counselling

Free and confidential counselling to young people aged 11-25 in the Borough of Sutton.

Online Service

Free text-based counselling and workshops for young people in Croydon, Sutton or Merton.

Call 020 8251 0251 (Croydon)
020 8680 8899 (Sutton and Merton)
Email: onlinecounselling@talkofftherecord.org
www.talkofftherecord.org

Thinkuknow.co.uk

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects [children](#) both online and offline.

Online safety when you're on a phone, tablet or computer

SAVE THE EVIDENCE

Screen shot message or photo and then

BLOCK & REPORT



www.ceop.police.uk/Safety-Centre



childline

ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111

Are you being bullied?

If you are being bullied, or you are not ready to make a report to CEOP, you can talk to Childline anonymously online or on the phone - No worry is too big or too small.