

Bullying

It doesn't stop at school

**Your Union of Students'
independent advice service**

01332 591507

advice@derbyunion.co.uk

derbyunion.co.uk/advice

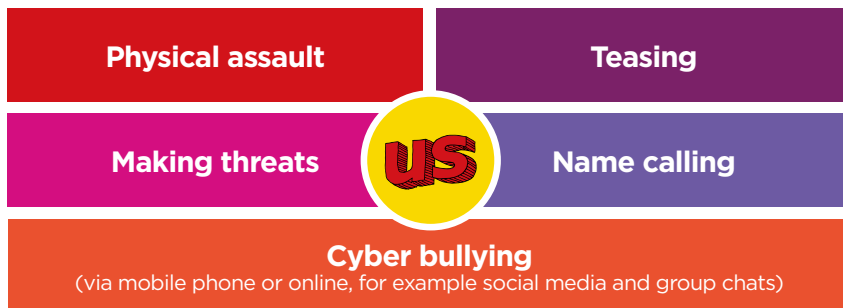
Talk to
US



Under the Student Charter, all students at the University of Derby are expected to respect other students and staff as part of the University of Derby community. Any form of bullying directly contradicts this expectation and there are measures in place to address these situations.

What is bullying?

Behaviour that is repeated, intended to hurt someone either physically or emotionally often aimed to certain groups for example because of race, religion, gender or sexual orientation.



If you experience bullying

Bullying can cause many emotions and feelings. It can make you feel anxious, trapped, unhappy, nervous, isolated and withdrawn. This can result in behaviour such as: withdrawing from university, depression, risky behaviours, self-harm, substance abuse, and aggressive or violent behaviour. A person might also start to believe the insults and this can result in a loss of confidence, self-belief, and low self-esteem.

It is important to seek help and support if you are experiencing any form of bullying. You can speak with family and friends, but also at the University you can speak to Student Wellbeing, a personal tutor, or the Union advice service. The University has a grievance policy in place which allows you to report bullying incidents and the Union advice team can support you through the process.

Reporting it

You can use the *Report and Support* system via the “Tell Us” panel on UDo.

Student Wellbeing

01332 59300 / studentwellbeing@derby.ac.uk

Union advice service

01332 591507 / advice@derbyunion.co.uk

Multi-Faith Centre

01332 591 285 / mfc@derby.ac.uk

If you're accused

If you are accused of bullying you could be the subject of a University grievance and/or disciplinary.

We encourage you to seek advice of the Union advice service who can support, advise, and guide you through the process.