How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

Helpful websites:

www.bulliesout.com/young-people
www.redballoonlearner.co.uk
www.childline.org.uk
www.gov.uk/bullying-at-school/the-law
www.anti-bullyingalliance.org.uk
www.stopbullying.gov

Further information
If you would like any more support of information please contact your local school nursing team – see website for contact details.

www.buckshealthcare.nhs.uk/School-nursing

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Bullying affects many children and young people.

Bullying can be defined as behaviour that is intended to harm someone emotionally or physically because of race, appearance, religion or gender.

Bullying can include:
- Hitting, pinching, biting, pushing and shoving
- Teasing
- Making threats
- Name calling
- Cyber bullying – posting insulting images or messages and rumours on social media sites
- Damaging belongings

Do not be tempted to respond to any bullying or hit back because you could get hurt or get into trouble.

Information from:
www.bullying.co.uk
Solihull Approach Resource Pack

How do you know if someone is being bullied?

It can be hard to tell someone you are being bullied but it will not stop until you do.

You can tell a friend, a teacher, your parents or another family member or someone else you trust. If you don’t feel you can do that, then speak to the School Nurse (see website for contact details). Once you have told someone they can help to stop it!

Is someone in your class taking a lot of time off or getting to school late?

Do you hear someone being called names, not loudly, but so they will overhear?

Are rumours being spread about a person?

Are they being excluded or left out both in school and activities outside of school?

Are they getting nasty texts and abuse on the internet or instant messaging?

Is their behaviour becoming aggressive or unreasonable?

If so then you already know someone who is being bullied. Every school should have a behaviour policy which all teachers, parents and children know and understand.