

TOTTENHAM HOTSPUR

Tottenham Hotspur Foundation

Anti-Bullying Guide for Young People

Our Promise

At Tottenham Hotspur Foundation, we want everyone to feel safe, happy, and respected.
Bullying is never OK — everyone deserves to be treated with kindness.

What Is Bullying?

Bullying is when someone hurts, frightens, or upsets another person on purpose, and it happens more than once.

It can be:

- **Physical** – hitting, kicking, taking or damaging things.
- **Verbal** – name-calling, teasing, threatening, or shouting.
- **Emotional** – leaving someone out, spreading rumours, or making them feel small.
- **Online** (Cyberbullying) – sending nasty messages or sharing pictures or videos to hurt someone.

What We Expect

Everyone taking part in our groups, activities, and projects should:

- Be kind and respectful to others.
- Listen and let others have their say.
- Include everyone – no one should feel left out.
- Tell an adult you trust if you see or experience bullying.
- Think before you post or message online.

How You Can Spot Bullying

You might notice:

- Someone looks sad, quiet, or scared.
- They stop coming to sessions or don't want to join in.
- They have bruises or damaged things.
- You hear hateful words or see unkind messages.



What To Do If You're Being Bullied

- **Speak to a trusted adult** – this may be your coach or any staff member at the Tottenham Hotspur Foundation, a teacher, a parent/carer or family member.
- **Keep evidence if it's online** – messages, screenshots, or posts.
- **Remember:** It's never your fault.

We will listen and work with you to make things better.

If You See Bullying

Be an Upstander, not a bystander! This means:

- Don't join in.
- Let the person being bullied know you care.
- Report it to a trusted adult right away.

Need Help?

- NSPCC Helpline: 0808 800 5000 – www.nspcc.org.uk
- Childline: 0800 1111 – www.childline.org.uk
- YoungMinds: **Text YM to 85258** – www.youngminds.org.uk

Remember: You have the right to feel safe and respected. Together, we can ensure Tottenham Hotspur Foundation remains a kind, welcoming place for everyone.

