Report + Support: I think I have been harassed.

Harassment is unwanted conduct related to a relevant protected characteristic which as the purpose or effect of violating an individual's dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment.

What should I do?

- **Think**: Are you in immediate danger? If you are in immediate danger or seriously injured, you can call 999 (or 112 from a mobile).
- **Find a safe space**: if an incident has just happened, try and find somewhere you feel safe.
- **Talk to a friend**: talking things through with someone you trust can sometimes help.
- **Seek support**: For more information please refer to **What support is available if I experienced harassment?**
- **Report**:
  - **Report+Support**: students and staff can report an incident anonymously or you can request support from an advisor. If you chose to talk to an advisor, they will be able to talk you through the options available to you. Reports can be made through:
  - Email to Reportandsupport@birdcollege.co.uk
  - In person or by letter to the Learning and Wellbeing Officer or Dean of Students.
  - Report Anonymously: Report + Support Form
- **Take care of yourself**: It is important you take care of yourself. For details in internal and external support please refer to **What support is available if I have experienced harassment?**