

West End Primary School
Child-Friendly Anti-Bullying Policy

School Statement on Bullying

- Our school is a place where everyone should feel safe and be treated with respect.
- In our school, everyone has a right to be themselves.
- Everyone in our school is included and we are respectful and safe to each other.
- Our school takes bullying very seriously.

What is bullying?

Our school says that bullying is:

"The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face to face or online."

Bullying is when a person is hurtful or unkind to someone else **repeatedly** and on purpose.

Remember, bullying is different to falling out with your friends.

Types of Bullying

Bullying can be different things. It is not just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.



Racist means being unkind to someone because of their skin colour, race or what they believe in.

Homophobic means being unkind to someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means being unkind to someone because of their sex (whether they are a boy or a girl.)

Cyber-bullying involves sending unkind messages over the internet or text message.



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Shout, run, **tell an adult** and keep telling.
- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and run away.

It is important that you always tell an adult if you are being bullied. If you talk to an adult, we can make the bullying stop.

You should try not to:

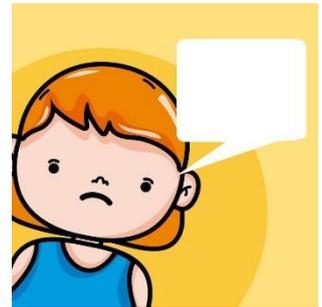
- Do what the bully says.
- Get angry or hurt the bully.

Always remember that if you are being bullied, it is **not your fault**.

Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

- You can talk to a family member.
- You can tell any member of staff in school.
- You can draw a picture and post it in one of our anti-bullying boxes.
- You can write a message and post it in one of our anti-bullying boxes.



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we follow 'Ready, Respectful, Safe'.
- Helping others when they are in need.
- Reporting bullying.
- Being kind, friendly and respectful to others.
- Thinking about people's feeling before we say or do anything.
- Taking part in PSHE lessons and Anti-Bullying Week.

