

WESTOVER PRIMARY SCHOOL

Anti-Bullying Policy

Child-Friendly Version





At Westover Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school. Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.

### **What is bullying?**

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.

It is important to remember that single problems and falling out with friends are not bullying.

Bullying is behaviour which is repeated on purpose and is meant to upset someone.

### **Types of bullying**

Bullying can be different things, and isn't 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 bullying someone because of their skin colour, race or what they believe in.

**Homophobic** means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

**Sexist** means bullying someone because of their sex (whether they are a boy or a girl).

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

Bullying can be done through another person, by one person sending another person to say nasty things.

### **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 and tell a trusted adult such as your parent, carer or teacher immediately

You should try not to do what the bully says or get angry or hit them.

Always remember that if you are being bullied, it is not your fault and you are never alone. You shouldn't be scared to talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying stop.



### **What should I do if I see someone else being bullied?**

If you see someone else being bullied, it is important that you help that person. You should never walk away and ignore the bullying if you see someone else being bullied, because the bully will keep on upsetting that person. If you can, and it is safe, tell the bully to stop, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied. Grown-ups can stop the bullying and make that person feel happy again. You should never feel scared to tell someone about bullying.

### **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. Speaking to someone like your mum, dad, carer or teacher will mean that we can make sure the bullying stops and doesn't happen again. The list below shows the grown-ups at our school that you can speak to:

My class teacher

My class teaching assistant

Our School ELSA

Our Headteacher

Our Assistant Headteachers

Any adult in the school

