

Westhouses Primary School
Child friendly anti-bullying policy



Revision History

REVISION	DATE	NAME	DESCRIPTION
1.0	25.03.2022	Anti-stigma ambassadors	New policy implemented by the pupils
1.1	20.04.2023	Anti-stigma ambassadors	Reviewed – no changes
1.2	17.04.24	Pupil Voice	Ensured it reflects protected characteristics. Minor changes to layout and font. School rules added. Definitions for vocabulary younger children may not understand were added. Checked the links were working.
1.3	03.04.2025	School office	No updates

Approval History

REVISION	APPROVAL DATE	APPROVED BY	SIGNED
1.0	28.04.2022	Simon Taylor	
1.1	25.04.2023	Simon Taylor	
1.2	23.04.24	Simon Taylor	
1.3	29.04.2025	Simon Taylor	



Child – Friendly Anti-Bullying Policy



Several Times On Purpose

Feeling safe and happy at school

At Westhouses 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.

The school rules are as follows:

- Be kind, polite and help others.
- Respect others and their property.
- Be honest and take responsibility for your own actions.
- Always be ready to learn and work hard.
- Keep your hands and feet to yourself





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.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose



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 horrid messages over the internet or by text message.

Disablist means being unkind or leaving someone out because they have a disability eg. Uses a wheelchair, has autism or is hearing impaired (deaf).



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?

Do:



Ask them to STOP



Ignore them if you can



Find an adult



Walk away



Talk to a friend, member of staff or someone in your family



YOU MUST TELL SOMEONE!

Don't:



Do what they say



Get angry or look upset if you can help it



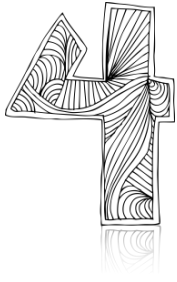
Retaliate (do or say something back)



Think it's your fault



Hide it



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.

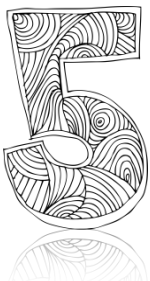
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

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/older children** at our **school** that you can speak to:

Any teacher in school.

Any member of staff that you feel comfortable talking to

Any anti-stigma ambassador

A member of Pupil Voice



How can I help stop bullying from happening?

We can all help stop bullying at our school by:



Making sure we follow the **rules and advice** in this guide.



Helping others when they are in need.



Being **kind, friendly** and **respectful** to others.



Thinking about people's **feelings** before we say or do something.



Taking part in **circle time** and **Anti-bullying Week**.



School assemblies



Here a list of websites, we feel, can help:

- [Mental Health Support For Young People | YoungMinds](#)

YOUNGMINDS

- <https://www.anti-bullyingalliance.org.uk>



- <https://www.nationalbullyinghelpline.co.uk/>



- <https://www.stopbullying.gov/>

- <https://www.nspcc.org.uk/>



- <https://www.kidscape.org.uk/resources/>

