



## Child Friendly Anti Bullying Policy

Together<sup>n</sup>ess Honesty Respect Inspire Valued Excellence



Approved by:

School Council

Date:

Signed: Headteacher

Head Pupils

A black and white signature of the Headteacher, written in a cursive style.

Next review due by:

November 2026

At West Park Primary School, we value being safe, kind and respectful and bullying is not tolerated. We follow the rules, which are “Ready, Respectful, Responsible and Safe”. We want everyone who comes to our school to feel happy and safe when they are here both inside and outside.

The Anti-Bullying policy will help you:

- Know what bullying is
- Giving you advice about what you should do if you or someone else is being bullied
- Letting you know where you can seek support

## What is bullying?

At West Park Primary School, bullying is not tolerated and is described as:

- Negative (something unkind or hurtful)
- Intentional (on purpose/not an accident)
- Repeated (happens more than once)

When is it bullying?

Several

Times

On

Purpose

Bullying Happens...

**S**everal

**T**imes

**O**n

**P**urpose

Bullying is not:

- A one-off incident (pushing someone in a game)
- An accident (not done on purpose)
- A ‘fall out’ with a friend

Several Times On Purpose Bullying is intentional (not an accident), a bully hurts someone on purpose. Bullying is repetitive. This means that the bully hurts someone over and over again, it isn’t an accident that happens only once. Bullying can be by one person or by a group of people.

## Types of Bullying

- **Physical** (hitting, slapping, punching, kicking, nipping/pinching, spitting or pushing)
- **Emotional** (telling people not to be friends with someone, leaving people out or laughing at someone, bossing people around)
- **Indirect** (talking behind someone’s back, sending nasty messages through friends or spreading rumours)
- **Verbal** (negative comments, criticism of someone’s gender, race or sexuality, threatening, calling people mean names including swear words) We must remember the importance of British Values and the Protected Characteristics.
- **Online Cyber Bullying** (sending nasty messages over the internet or by phone, making group chats that are intended to isolate or be mean to someone)

## Who Can I Talk to?

It is important to tell someone as soon as you are being bullied or notice someone else being bullied. Talking to someone on your 'Helping Hand' means the bullying can be stopped.

- Parents
- Friends
- Teacher in class
- Lunchtime Supervisor
- Safeguarding Leads (Mrs Kabil, Mrs Andrews, Mrs Hawkins, Mrs Smith)



**Mrs Azizan Kabil**  
Headteacher  
Designated Safeguarding Lead (DSL)



**Mrs Sarah Andrews**  
Deputy Headteacher  
Deputy Designated Safeguarding Lead (DDSL)



**Ms Jenny Hawkins**  
Assistant Headteacher  
Deputy Designated Safeguarding Lead (DDSL)



**Ms Annette Smith**  
Pastoral Lead  
Deputy Designated Safeguarding Lead (DDSL)



## What should I do if I am being Bullied?

Do:

- Tell the bully to STOP.
- Ignore the bully and walk away.
- Tell someone you trust like a parent or teacher or someone on your helping hand.
- Surround yourself with kind and supportive friends.
- Always believe in yourself.
- Stay calm and be confident.

### MOST IMPORTANTLY

If you feel you are being bullied:

Start

Telling

Other

People

What to do...



### You should not:

- Retaliate/react inappropriately.
- Blame yourself.
- Bottle up your feelings and keep them to yourself.
- Try to fix the problem alone.
- Harm yourself or others.
- Don't do as the bully says.
- Don't get others involved.
- Don't take it out on anyone else.



## What should I do if I see someone being Bullied?

At West Park Primary School, we are 'upstanders' not 'bystanders'. This means that we take action if we see someone else being bullied.

### You should:

- Offer help and support to the person being bullied
- Tell the person being unkind to STOP
- Tell a trusted adult
- Tell the safeguarding team (Mrs Kabil, Mrs Andrews, Mrs Hawkins or Mrs Smith).

### You should not:

- Be a bystander (someone who ignores what they have seen and does not take action)
- Try to sort it out yourself without the help of an adult.

## How do school deal with Bullying Incidents?

If bullying is reported or suspected, it will be dealt with immediately by a member of staff.

- Anyone involved will be spoken to separately and an account of the incident will be taken. This may involve talking about the behaviour, what happened, and why it is wrong.
- We will support the children who are bullied. Reassure them they do not deserve to be bullied and that it is not their fault.
- We will encourage the child to talk about their feelings and they will be involved in making choices about how to resolve the matter.
- We will ask the child to tell someone if any bullying happens again.
- We will contact all the parents of children involved.
- Children that have been involved in bullying will have the appropriate sanctions given and remind the child (or children) that bullying is not acceptable and expect bullying to stop.

## How can I help to stop bullying from happening in our school?

We can all help to stop bullying by:

- Following the advice in this policy
- Being an upstander
- Thinking about people's feelings before we say or do something
- Being kind, friendly and respectful to everyone
- Taking part in anti-bullying events
- Treat others how you would like to be treated yourself.

**The Head Teacher, Governors, Staff and School Council will work together to:**

- Make our school a place where everyone can feel happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be themselves.