



This is our Anti-Bullying policy

Aims of the Policy

- We want all children to feel happy and safe at school and encourage everyone to follow our school code of conduct.
- We encourage children to report incidences of bullying.
- We want to make it clear that all forms of bullying are unacceptable at school.
- We want to deal effectively with bullying
- We will support and protect victims of bullying, ensuring they are listened to.
- To help and support bullies to change their attitudes as well as their behaviour and understand why it needs to change



What is bullying?

Bullying can be described as:

“Behaviour by an individual or a group, repeated over time, that intentionally hurts another individual or group either physically or emotionally”.

Bullying can be secretive and have long term effects for the victim – if the bullying is not challenged and stopped.

Bullying can make children feel isolated and unhappy.

Bullies can seek power and often look for group support.

Inclusion – all different, all equal

At school we treat everyone equally regardless of the person's:

- race, religion or culture
- nationality
- special educational needs or disability
- appearance
- gender or gender identity
- home circumstances

We have a school Equality Policy that celebrates that we are all different and all equal.



Different types of bullying:

Verbal bullying - name-calling, taunting, mocking, making offensive comments and teasing

Physical bullying - kicking, hitting, punching, pushing and pinching.

Emotional bullying - excluding people from groups, spreading hurtful and untrue rumours, producing offensive graffiti, being forced to do things against own will and taking belongings or money

Cyber- bullying – sending or posting hurtful comments or images online by phone, iPad or the internet. This can include online gaming, emails, messages sent via text or social media such as WhatsApp, Instagram or Snap Chat.

Tackling bullying at Westwood Park

At Westwood Park Primary School, we believe that:

- we are a listening and telling school
- seeking help is a sign of strength not weakness
- bullying is undesirable and unacceptable
- bullying is a problem to which solutions can be found
- everyone will be listened to and taken seriously
- everyone has the right to work and learn in an atmosphere that is free from fear
- all of us have a responsibility to ensure that we do not abuse or bully others
- young people should be encouraged to talk to someone if they are worried about bullying and their concerns will be listened to and treated seriously
- young people should be involved in decision making about matters that concern them
- we all have a duty to work together to protect everyone from bullying and other forms of abuse
- it's everybody's job to help each other
- we should always tell someone if you see any form of bullying



At Westwood Park, we hold regular Internet Safety events to learn about online safety and understand how to use social media safely. We have termly internet safety lessons to keep us up to date with how to keep safe online.

Bullying outside school premises

Mrs Walker can investigate and act on bullying incidents that happen out of school, that are reported into school. School might choose to contact the police if it is felt to be appropriate.

Guidance for pupils

If you are being bullied;

- Remember it is not your fault
- Try to stay calm and look as confident as you can
- Be firm and clear – if possible, tell them to stop but remove yourself from the situation a.s.a.p.

After you have been bullied:

- All bullying is wrong and you do not have to stay silent about it
- Tell an adult or somebody you trust about what has happened straight away. Adults in school have a responsibility to give you help and support around bullying
- If you are scared to tell a teacher or adult on your own, ask a friend to go with you
- Keep on speaking until someone listens and does something to stop the bullying

When you are talking to an adult about bullying be clear about;

- How it made you feel

If you experience bullying by mobile phone, text messages, messaging over social media websites or e-mail;

- Do not answer back or reply

- Save the evidence do not delete anything
- Make sure you tell an adult who you trust
- Be careful who you give your mobile phone number or e-mail address to
- Make a note of exactly when a nasty message was sent.

Raising Awareness at school

At school we do lots of different things to prevent and reduce bullying, to raise awareness of bullying and support victims and those displaying bullying behaviour including:

- Group work – learning to work together and listen to others
- Circle Time,
- Buddies and play-leaders
- Nurture Groups and Friendship Groups
- School Council
- Personal Social and Health Education & Citizenship programme (PSHCE)
- Anti-bullying Week to raise awareness
- Anti-bullying displays around school highlighting what children can do if they feel they are being bullied

This agreement will be reviewed by the school community every year.