

How will the staff at West End Academy help you if you think you are being bullied?

The staff at West End Academy will:

- Talk about bullying through lessons and during assemblies
- Ensure everyone understands that bullying is not tolerated in our school
- Make sure our school is a safe place where everyone can feel happy and learn to their full potential
- Support and listen to everyone's views to find out both sides of the problem
- Find out why the bullying is happening and help it to stop
- Inform parents/carers to work together to find a solution



If you think you are being bullied...

Always -

- Tell someone about it
- Walk away
- Ignore them
- Ask them to **STOP**

Never –

- Keep it a secret
- Retaliate
- Think it is your fault

Remember - always get help!

No-one deserves to be bullied. Talk to someone you know - parents, teachers or friends. For more help and advice out of school you can contact:

Child Line
0800 1111



West End Academy



Child Friendly Anti-Bullying Policy

We believe in being a friend to everybody!

Anti-Bullying Policy

What does bullying mean?

Bullying is a deliberate act by someone to gain power over another person. It happens continuously, day after day.



Why do people get bullied?

People can be bullied for all sorts of reasons or for no reason at all. Sometimes people who bully others pick up on a small thing that makes someone stand out and they use it to hurt them. This might be the way someone looks, the things they like doing or even what kind of clothes they wear.

Everyone is different, and it's these differences that make people who they are. If you are being bullied, then you might think that it's your fault - but it isn't.

How do you feel if you are being bullied?

Bullying can make you feel hurt, lonely and like everyone is against you. If you feel that you are being bullied, remember that it doesn't have to be like this forever. Things can get better!

What different types of bullying are there?

Emotional: Hurting people's feelings, being left out or humiliated.

Physical: Hitting, kicking, pushing and taking other people's belongings.

Verbal: Being teased, spreading rumours and name calling.

Cyber: Treating someone unkindly by text, email or online.

Racist: Treating someone differently because of their skin colour, culture or religion.

Who can you tell if you think you are being bullied?

Confide in somebody who you trust, this could be a:

- Teacher
- Parent/Relative/Carer
- Friend
- Head Teacher
- Other adults in school (Teaching Assistants, Lunch time Supervisors)
- Police Liaison Officer

