

What you should do if  
you are bullied... 

- Run or walk away. It's better to get away and tell someone
- Try to ignore them. This sometimes works
- Hold your hand up and say "STOP I don't like it!"
- Tell a grown up or a friend or your mummy or daddy
- Put a note in the worry box in your class

**STOP**  
  
**BULLYING**



**STAND UP**  
**SPEAK UP.**

### Useful Contacts

Mrs Emma Estell /Mrs Rebecca Lewis  
Co Headteachers

Mrs Rebecca Lewis/Mrs Suzy Sawford  
Deputy Headteachers

Mrs Jackie Moss  
Governor with Safeguarding Responsibility

School Phone Number: 01159 531606  
Email Address: [office@westdale-inf.notts.sch.uk](mailto:office@westdale-inf.notts.sch.uk)



## Anti Bullying Charter

*We celebrated National Anti Bullying Week, we asked the children for their views on questions about bullying. We also talked to the School Parliament. We shared these views with everyone in school during November 2022 and made some changes to this charter*



## What is Bullying?

- **Bullying is:**
- When someone hurts or picks on you lots of times on purpose
- When people stop you doing things you want to do
- Hurting you by hitting or punching or kicking you over and over again
- Hurting your feelings on purpose
- Calling you names over and over
- Getting others to hurt someone for you
- Being mean and nasty every day
- Calling people names all the time
- Something you keep on doing over and over even when someone has said STOP!
- Doing something several times on purpose
- Ignoring you; leaving you out on purpose; not letting you play
- Doing something where you have to say 'stop I don't like it!'

### Bullying isn't

- Falling out with your friends and being mean but not for long
- If you hurt someone one time by an accident
- Getting cross with someone, if you make up soon
- Getting too rough when you are playing
- Crashing into someone or pushing them by accident in a game as long as it's not deliberate!
- Calling someone a name one time only
- If you only do it once

## A Bully is...

- Someone who doesn't have many real friends and does mean things
- Someone who is jealous of something good you can do
- A bully can look like anybody at all
- Some bullies are in group or a gang
- Someone who doesn't think of what will happen to the other person; how they will feel
- Bullies don't like people who are different but we love them at Westdale

**Bullying**  
Several  
times  
On  
purpose

## What should you do if you see bullying happening?

- STOP – Start Telling Other People
- Always tell – always, always. Never keep it to yourself, even if you like the bully
- Ask the person hurt if they are ok. Look after them
- Be a friend to the person being bullied
- Be an upstander!
- Don't be a bystander- it's just as bad. Don't join in!
- Tell a teacher or someone and try and stop the bully
- Walk away and tell a grown up
- Put your hand up and say 'Stop I don't like it!'
- If you get cross it doesn't mean you have to hurt back!

