



## Westhoughton Against Bullying Anti-Bullying Pupil Policy

**Bullying is any repeated deliberate behaviour that physically or emotionally hurts someone**

Emotional	Physical
Being unfriendly, excluding, tormenting	Pushing, kicking, hitting, punching or any use of violence
Verbal	Cyber
Name-calling, sarcasm, spreading rumours, teasing	All areas of internet, mobile phone threats by text messaging or calls, misuse of associated technology i.e. camera

**Westhoughton High School has a zero tolerance approach to Bullying of all kinds. We believe that it is the right of every student and every staff member to work in a positive and safe environment and that it is the responsibility of everyone to make sure that this happens. What should you do if you are being bullied?**



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## What should you do if you are being bullied?



Tell someone. The bully's biggest friend is silence. You need to find someone that you trust—a friend, a teacher, a relative and let them know what is happening. Bullies will rely on you keeping quiet they don't like to be challenged.



Don't worry. Our main priority is to stop the bullying. We will work with you to develop a plan of practical things that we can do to help. We will find a way to make things better.



## How can I report bullying in school?

You can talk to any member of staff, however specific people who are here to help are:

Your form tutor

Your Student Support Leader (SSL)

Your Student Progress Leader (SPL)

Assistant Headteacher KS3 - Mr Parkinson

Assistant Headteacher KS4 - Mr Dignam



If you want a parent or friend to call school on your behalf the numbers are:

01942 814122



Anonymous reporting QR code on anti-bullying section of school website and in student planners and posters around school.

<https://www.westhoughton-high.org/together-against-bullying/>



# STAND UP IF \_ You see any Bullying in our school!

**BYSTANDER**

A bystander is someone who sees or knows about bullying behaviour that is happening to someone else but takes no action to address or report it.

VS

**UPSTANDER**

An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone experiencing bullying behaviour, they speak up and do their best to help, protect and support the person.

## BE THE UPSTANDER

**NEW WAY TO BE AN UPSTANDER**

- Scan our **NEW QR code** on your phone to report any bullying anonymously



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Where else can I get advice from?



**If you report bullying what  
can you expect to happen?**

**You will always be taken seriously**

**Your concerns will be fully investigated**

**You will work together with a member of staff  
on an action plan to resolve the bullying**

**You will never be forced into an action that you  
do not feel comfortable with**

**You will be given support and will receive  
regular follow up**



## Any Questions?.....



### **I am worried about talking to someone, wont it just make the problem worse?**

This is the main fear of bullying victims. Most of the time telling someone about a bully helps to sort out the problem straight away. If the situation has not got better, or even become worse you must not give up. Go back and explain to the person helping you. The school can now use a range of serious actions to protect and support you.

**My friends are picking on someone- what should I do?**  
Eventually you may well be labelled a bully yourself. No-one finds standing up to their friends easy but you need to either persuade them that their behaviour is wrong OR distance yourself from their actions. Try talking to some of the group individually and see if they agree with you that things have gone too far. You might find other people feel the same way but thought they were on their own.

### **I know that someone is being bullied should I get involved?**

If you see another pupil suffering or looking threatened and you ignore the situation then you are allowing bullying to win and you are making sure someone's suffering continues. If you are confident enough stop the situation and point out how wrong the behaviour is. Perhaps you could take the victim to a teacher and explain what you saw. If you are nervous about stepping in you can simply report what you saw. This can be done directly to a teacher or can be done anonymously via the school website.