

Anti-bullying booklet for the children by the children

Westfield Primary School

Anti-Bullying Advice Booklet
For All Children

2025/26



We say STOP!

S everal

T imes

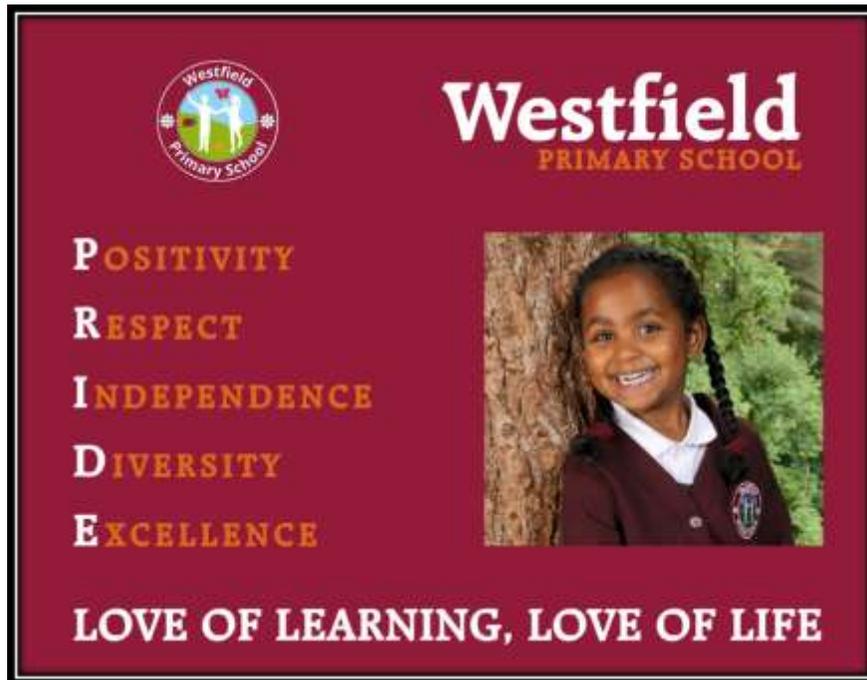
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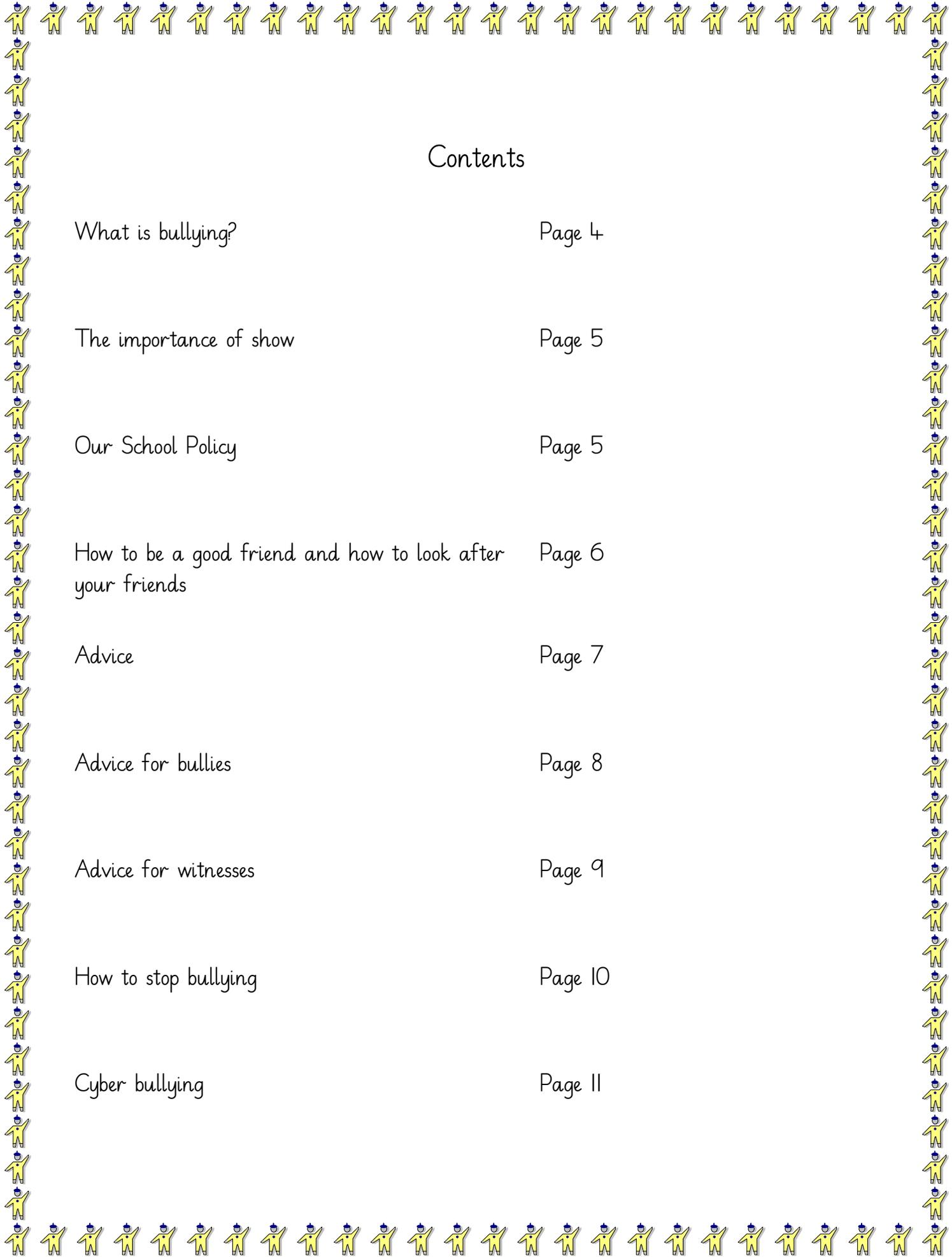


engage enrich excel academies

Bullying Advice Written by Children for Children.



Our school council have worked with their classes to update this booklet about stopping bullying and the importance of friendship. They have discussed the ideas that their classes came up with and have added characters from the 5Rs.



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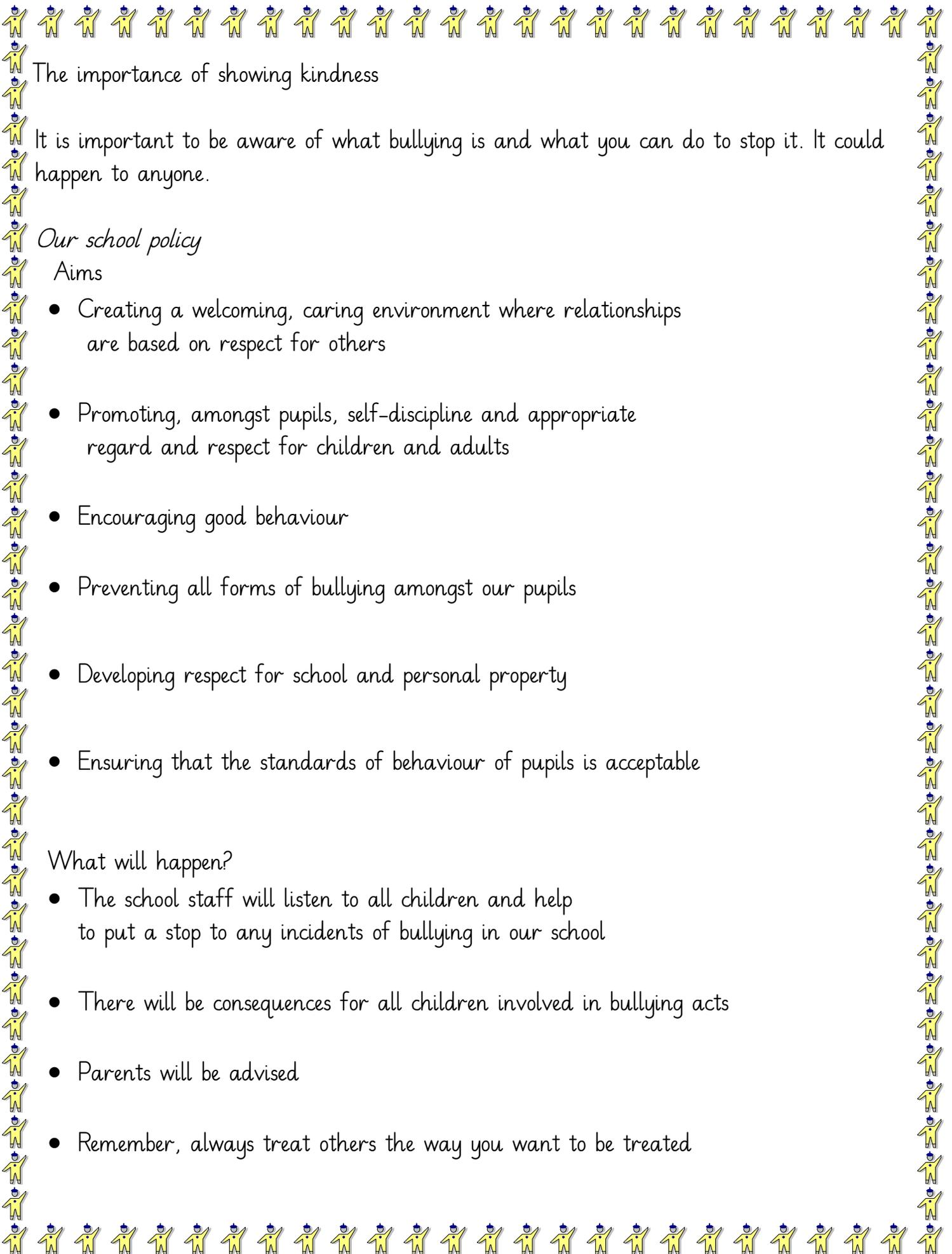
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What is Bullying?

- Bullying happens when they do it all the time.
- Being mean all the time.
- Physically hurting you – kicking, punching, pinching, slapping.
- Calling you names repeatedly and using bad words about you to others.
- Taking your property repeatedly.
- Starting rumours about you.
- Leaving you out of games repeatedly.





The importance of showing kindness

It is important to be aware of what bullying is and what you can do to stop it. It could happen to anyone.

Our school policy

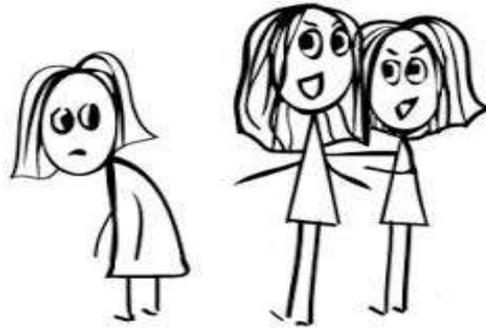
Aims

- Creating a welcoming, caring environment where relationships are based on respect for others
- Promoting, amongst pupils, self-discipline and appropriate regard and respect for children and adults
- Encouraging good behaviour
- Preventing all forms of bullying amongst our pupils
- Developing respect for school and personal property
- Ensuring that the standards of behaviour of pupils is acceptable

What will happen?

- The school staff will listen to all children and help to put a stop to any incidents of bullying in our school
- There will be consequences for all children involved in bullying acts
- Parents will be advised
- Remember, always treat others the way you want to be treated

Bullying
really
isn't
cool



STAND UP!
PREVENT BULLYING NOW!
SPEAK OUT!

How to be a good friend. How to look after your friends.

- Do treat people with respect.
- Do be nice and polite.
- Do play nicely.
- Do share things.
- Do be kind and helpful.
- Do smile at people.
- Do play together.
- Do let them join in with your game.
- Do be sensible with them.
- Do help others with their work.





It is important to tell an adult if you are being bullied or know someone who is. Don't keep it to yourself. **SPEAK OUT!**

ADVICE

- Stand up for people who are being **bullied**. **Bullies** often want an audience and approval.
- With your class make an **anti-bullying** charter or charter.
- Take action.
- Talk to other kids.
- Talk to your teachers, Well-being ambassadors or another adult.
- Talk to your parents or guardians.
- Speak (and write) up!
- Put your bubble in the worry box in the corridor



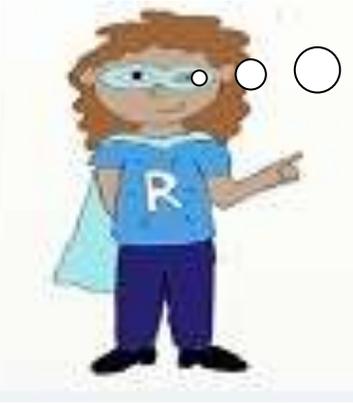
Relationship Riley said Anti-bullying Week helps to raise awareness.

"Anti-Bullying Week helps us to see why bullying happens in the first place. Usually bullies are sad and they take their anger out on other people. This is not okay."



ADVICE FOR BULLIES

- Do stay calm- e.g use the breathing strategy with your hand.
- Try not to use mean or unkind words.
- Understand the consequence of your choice.
- Bullying makes you look weak and it is not cool.
- Do not take your feelings out on somebody else.
- Talk to an adult if something is bothering you, they can help you before you make a bad choice.
- You will lose more friends and respect.



Kindness always wins!
Be kind and thoughtful
about and to others.

ADVICE FOR WITNESSES

- Do tell an adult that you know.
- Do comfort the victim.
- Do shout STOP!
- Do tell the bully we don't want bullying.
- Do try and assist and give support to those targeted.
- Do play with the bully so they will learn to be kind.
- Do play with the victim, make them happy.
- Always lend a comforting ear.

We say;

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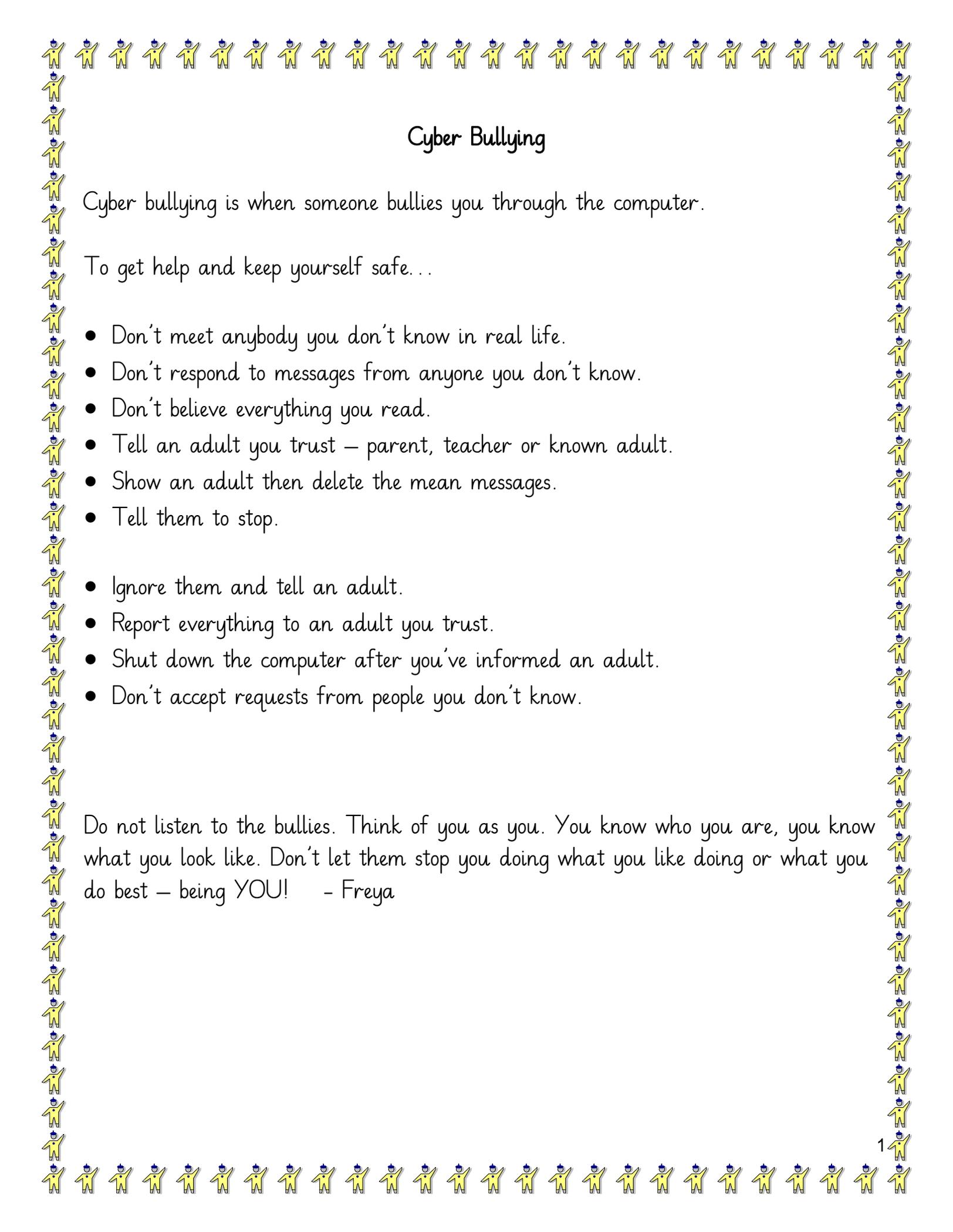
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P urpose

How to Stop Bullying

- DO something.
- DO take the person to another group of friends – your group of friends.
- DO tell the teachers and adults.
- DO tell the bully to stop.
- DO ignore the bully. keep away from the bully.
- DO support them by being kind.
- DO ask the teachers and other adults to stop the bully.
- DO walk away.
- DO stay in a group because bullies pick on people with no friends.





Cyber Bullying

Cyber bullying is when someone bullies you through the computer.

To get help and keep yourself safe...

- Don't meet anybody you don't know in real life.
- Don't respond to messages from anyone you don't know.
- Don't believe everything you read.
- Tell an adult you trust – parent, teacher or known adult.
- Show an adult then delete the mean messages.
- Tell them to stop.

- Ignore them and tell an adult.
- Report everything to an adult you trust.
- Shut down the computer after you've informed an adult.
- Don't accept requests from people you don't know.

Do not listen to the bullies. Think of you as you. You know who you are, you know what you look like. Don't let them stop you doing what you like doing or what you do best – being YOU! – Freya

