# Greatworth Primary School

## Child-Friendly Child on Child Abuse Policy

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## Feeling safe and happy at school

At Greatworth Primary School, we want to make sure that you feel looked after, safe, and happy when you are in and out of school. Sometimes we do not know if something bad is happening, so you need to tell us.

This policy looks at child-on-child abuse and bullying, and what you can do when you feel you are being abused or bullied, or when you notice someone else being abused or bullied. We can help you by:

- Teaching you what child-on-child abuse is.
- Teaching you what to do if you feel like you are being abused, or if someone else is being abused.
- Making sure you know the grown-ups you can speak to if you are worried.

### What is child-on-child bullying and abuse?

A peer is your friend, a child at school with you, or another child you may know.
**Abuse** is something which usually physically or emotionally **hurts** another person by using behaviour that is meant to **scare**, **hurt,** or **upset** that person.

Sometimes, it can be hard to know when abuse is happening, because **not all** abuse will hurt, scare, or upset you, and you might not know it is happening. It is important when you are being abused so we can ensure it stops.

There are several types of abuse. It is important you know what these types of abuse are, so you know what to do if you see them.

### Bullying

Bullying can be different things and is not just hitting or kicking another person.

**Emotional bullying** is hurting someone's feelings, leaving them out or bossing them about.

**Physical bullying** is punching, kicking, spitting, hitting, or pushing someone.

**Verbal bullying** is teasing someone, calling them names or using rude hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

**Racist** means bullying someone because of their skin colour, race or what they believe in.

**Homophobic** means bullying someone because of their gender or sexuality; calling someone gay or lesbian to hurt their feelings would be homophobic.

**Sexist** means bullying someone because of their sex (whether they are a boy or a girl).

**Cyber bullying** involves sending horrid messages over the internet or by text message. Bullying can be done through **another person**, by one person sending another person to say nasty things.

## Sexting

This is sending inappropriate pictures, videos, or messages – they can sometimes be called 'nude pics,' 'rude pics' or 'nude selfies,' but can also be rude messages. Pressuring someone into sending these pictures, videos and messages is abuse.

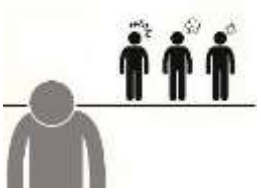
Even if you are not the person who is sending them, it is **illegal** to have these kinds of pictures or videos of a person if they are under 18 years old.

## Sexual harassment

Sometimes, people can **act sexually towards others,** and it might make them feel uncomfortable.

This can happen online on social media, through messages and **face-to-face**. It might make someone feel **scared**, **embarrassed**, **uncomfortable,** or **upset**.

It could be:



- Someone making **sexual comments**, like telling sexual stories, saying **rude things,** or saying sexual things about someone's **appearance** or clothes.
- Calling someone **sexual names**.
- **Sexual jokes** or teasing.
- Being physical, like **touching** which makes you feel uncomfortable, messing with your clothes, or **showing pictures** or **drawings** which are of a sexual nature.
- Being sexual online, like **sharing sexual pictures** and **videos,** or posting sexual comments on social media.
- It might also be **sexual threats** or pushing you to do something sexually that you do not want to or are not ready for.

## Relationships

Any relationship you have should be **good** and **happy**.
An unhealthy relationship might make someone feel **scared**, **confused**, **worried** and even **unsafe**.
It is important that you know the difference between a good and unhealthy relationship.

**Good relationships**

- You are **comfortable** around that person.
- You can be **honest** with that person.
- You can say how you **fee**l, what you are **thinking,** and you **listen** to each other.
- You **support** each other and treat each other **nicely**.
- You feel **safe**.
- You **trust** that person.
- You are **equal** – you do not boss each other around or tell each other what to do.
- You feel **looked after**.

**Bad relationships**

- The person might **push** you, **hit** you or **destroy** your things.
- The person might **tell you what to do**, what to wear or who you can see.
- You might feel **scared** – they might say they will hurt you if you do not do something. They might also say they will hurt you if you do something too.
- The person **calls you names**, makes you feel bad in front of other people and makes you **feel bad about yourself**.
- The person gets **angry easily** and you do not know what will make them angry – it might make you feel **nervous**.
- The person might **pressure** you to do things **you do not want to** or are not ready for, like sex, or using drugs and alcohol.
- The person **might not take no for answer** when you say you do not want to do something.

**How do I know if someone is being abused?**

It might be hard for you to know if you are being abused and you **might not really understand** it is happening. It is important you can **recognise** when behaviour is not appropriate.

It is also important that you can notice when **someone else** might be being abused.
Some signs might be:

- Not going to school.
- Having injuries, like bruises.
- Feeling sad and down.
- Feeling like they cannot cope.
- Feeling withdrawn or shy.
- Getting headaches or stomachache.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Using alcohol or drugs.
- Changing looks to look much older.
- Being abusive to someone else.

**Remember: you can feel these things too. Listen to how you feel and know that these signs can mean you are being abused.**

**What do I do if someone else is being abused?**

If you see someone else being abused, it is important that you **help** that person.
You should **never walk away** and ignore the problem if you see someone else being abused, because the person might keep upsetting them.
If you can, and it is **safe** to do so, tell the person abusing you to **stop**, but never get angry or hit them.

**Tell a grown-up**, such as a teacher, as soon as you have seen someone being abused. Grown-ups can **stop the abuse** and make that person feel happy again. You should **never feel scared** to tell someone about abuse.

Sometimes, you might not **see someone being abused**, but you might be **worried** about them. Or you might think they are being abused by **someone you do not know**, or someone they have **told** you about. It is important to tell someone even if you are worried but have not seen any abuse.

**What do I do if I am being abused?**

The first thing you should do is **tell someone you trust**. This could be a family member, a friend, or **any adult in our school.**

You can also **tell the person abusing you** to leave you alone. If telling them to leave you alone would **make you feel too scared or worried that they might hurt you**, make sure you **tell someone** so they can help.

You should **try not** to:

- **Do** what the person says.
- Let what the person says or does **upset** you.
- Get **angry** or hit them.

Always remember that if you are being abused, it is **not your fault,** and you are **never alone**. You should not be scared to **talk to someone** if you are being abused. If you talk to a grown-up, we can **make the abuse stop**.

**Who can I talk to?**

It is important you **tell someone** as soon as you are being abused, or you notice someone else being abused.

Speaking to someone like your mum, dad, carer, or teacher will mean that we can make sure the **abuse stops** and does not happen again. **The list below shows some of the grown-ups at our school that you can speak to: Mrs. Lutas, your class teacher, or a teaching assistant.**

**How can I help stop abuse from happening?**
We can all help stop abuse at our school by:

- Making sure we **understand** how we should **act** towards others.
- **Helping others when they need it.**
- Being **kind**, **friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **school activities**, like assemblies, PSHE (Personal, Social, Health & Economic) lessons and circle time, which talk about child-on-child abuse.
- **Talking to someone** when we are worried.

**You should know that abuse is never OK, and it is serious. It is not funny, or part of growing up. If you abuse someone, you will get into trouble.**