

# St. Bernadette's Catholic Primary School



Lower Key Stage 2

Years 3 and 4

Keeping Myself Safe in and Around School

Our Child Friendly Child-on-Child Abuse Policy

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## Feeling safe and happy at school

At St. Bernadette's, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something horrible is happening, so you need to tell us.

This booklet is filled with information which looks at times in your lives when you might not feel looked after, safe or happy because of the behaviour of a child. That child might be the same age as you, younger than you or older than you. You come across children in lots of different settings including in school, outside of school and online.

Any child can make a mistake and make another child feel unhappy but sometimes some mistakes are called abuse. When anyone deliberately makes you feel this way it is called child-on-child abuse. It can happen one time or lots of times.

This booklet will help you to understand some ways other children can make you feel not looked after, safe or happy. We call this child-on-child abuse.

You will find out what you can do when you feel you are being abused, or when you notice someone else being abused.

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 who the responsible adults are that you can speak to if you are worried.
- Help you to understand what is called abuse and what is isn't. However, some behaviours which we would not call abuse can still be horrible to experience and you will still need some support or help from a responsible adult.



# 1

## What is child-on-child abuse?

A **child** is someone who might be your friend, a child at school with you, or another child you may know.

**Abuse** is something which usually hurts your body or your feelings. It is done by another child close to your age. They mean to **scare**, **hurt** or **upset** a person.

**Child-on-child abuse** can happen inside and outside of school – it can happen online or in-person, and it is important to let a responsible adult know if you think this is happening to you or someone you know.

Sometimes it can be **tricky to spot** especially if it is happening from someone who you think is your friend or someone that you would like to be friends with.

Abuse can happen in lots of different ways.

# 2

## Bullying

Bullying is a type of abuse when someone tries to hurt another person on purpose. This is not a one-off! It keeps happening again and again and again! People can be bullied in many different ways:

**Emotional bullying** includes hurting someone's feelings, such as leaving them out or bossing them about. It can include trying to make someone feel silly in front of their friends.

**Physical bullying** can include hitting, kicking, shaking, biting, nipping, hair pulling or purposely hurting someone.

**Verbal bullying** can include teasing someone unkindly, calling someone names. Verbal bullying can include using swear language or signs. People can also use verbal bullying to be **racist**, **sexist** or **homophobic**.

**Racist bullying** is bullying someone because of their race, skin colour, the country they are from or the religion they believe in.

**Homophobic bullying** means bullying someone because of their gender (if they are a boy or a girl) or sexuality; calling someone gay or lesbian to hurt their feelings would be homophobic.

**Sexist bullying** is bullying someone because of their gender; bullying someone because they are a boy or a girl would be sexist.



**Cyberbullying** includes any kind of bullying which takes place online; cyberbullies send very unkind or nasty messages over the internet. Sometimes cyberbullies share private information online about a person or their family to hurt someone's feelings.



Bullying is not always done by one person and can often involve a group of people 'ganging up' on someone.

Bullying can also be done through another person. If you ever see someone being bullied, **never** join in and **always** tell a teacher.

# 3

## Sexting

Sexting includes sending **pictures, videos or messages** that are considered to be rude. Sometimes the pictures or videos might be of people or children not wearing clothing, sometimes sexting can include sending rude messages.

**Making** someone send these pictures, videos and messages when they don't really want to is also **abuse**.

It is important to know that this is against the law whether someone has given their permission or not.



# 4

## Behaving in a rude way

Sometimes, people can **behave rudely towards others**, and it might make them feel uncomfortable.

This can happen **online** and **when you are with someone**. This should not happen to any child at any time

Behaving rudely can make someone feel **scared, embarrassed, uncomfortable** or **upset**.

It could be:

- Showing a picture of a body part that most people would say is a private body part.
- Saying a joke that is rude
- Deliberately, touching a part of your body that most people would consider a private part of your body and making you feel uncomfortable.

- Making someone do something that most people would consider rude when they don't want to.

If someone has behaved rudely towards you, it is important that you tell a responsible adult. They will listen to what happened and help you with any worries that you have.



## Relationships

Lots of people are connected to each other and they are connected in different ways. For example, some people are connected because they belong to a family. Some people are connected because they belong to a school. Some people are connected because they are friends. Some people are connected because they know each online. We call these connections to other people relationships. Any relationship you have should be a **good relationship**. You should be able to trust that person and you feel safe around them. You should enjoy being around that person and feel relaxed when they are near. You should feel that you are listened to and you can make your own choices.

A relationship that is not good is the opposite. It might make someone feel **scared**, **confused**, **worried** and even **unsafe**.

It is really important that you know the **difference** between a good relationship and one that is not good. Some people call those relationships bad relationships.

### Good relationships

You are **comfortable** around that person.

- You can be **honest** with that person.
- You can say how you **feel** and 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 recognise each other as being both **equally** important.
- You do **helpful things for each other**.
- You are never bossed around or do anything that makes you feel uncomfortable.
- You feel **looked after**.



## Bad relationships

- The person might **push** you, **hit** you or damage or **break** your belongings.
- The person might be very bossy with you and **tell you what to do**. For example: who to spend time with, what to wear, what to watch or who you can see.
- You might feel **scared** – they might say they will hurt you if you don't do something.
- They might **make threats** or do harmful things if you do something they did not want you to do. They might threaten you if they think that you will tell a responsible adult.
- The person **calls you names** when they feel angry or for no reason at all. This, makes you feel bad in front of other people and makes you **feel bad about yourself**.
- The person gets **angry easily** and you don't know what will make them angry – it might make you feel **nervous**.
- The person might **try to force** you to do things **you don't want to do**. **Some of these things are things only grown-ups can do**.
- The person **might not take no for answer** when you say you don't want to do something.



# 6

## 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 isn't appropriate.

It's 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 can't cope.
- Feeling withdrawn or shy.
- Getting headaches or stomachaches.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Changing looks to look much older.





- Being abusive to someone else.

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

# 7

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

If you think that someone is 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.

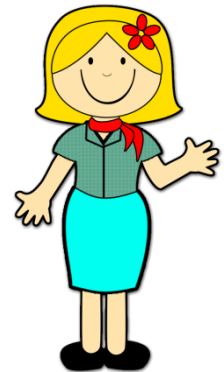
If you can, and it is **safe** to do so, tell the person abusing them to **stop**, but never get angry or hit them.

**Tell a responsible grown up**, such as a teacher, as soon as you've seen someone being abused.

A responsible adult can **stop the abuse** and give help to the person who is being abused.

You should **never feel scared** to tell someone about abuse even if someone has threatened you.

Sometimes, you might not **see someone being abused**, but you might be worried about them. You might think they are being abused by **someone you don't know**, or someone they have told you about. It's really important you **tell someone** even if you are worried, but haven't **seen** any abuse.



# 8

## 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 a teacher.

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**.





## Who can I talk to?

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

Speaking to someone like your parent, carer or teacher will mean that they can make sure the **abuse stops** and doesn't happen again.

The list below shows the **people** at our **school** that you can speak to:

- Your class teacher
- Your phase leader – Miss Dempsey
- School Counsellor – Nicki or Vicki
- Headteacher - Mrs Fallon
- **Any responsible adult**
- NSPCC Childline 0800 1111 (free number from any phone)



## 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 **treat** others.
- **Helping** others when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in school activities including, PSHE lessons, acts of collective worship and assemblies, 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.**

**Working together to make St. Bernadette's a happy place!**

