



# Coteford Junior School



## Child-Friendly Child-on-Child Abuse Policy

September 2022

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# FEELING SAFE AND HAPPY AT SCHOOL

At Coteford Junior School, 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 concerning is happening, so you need to tell us.

This policy is the child-friendly version which matches the main Child-on-Child policy. We recognise that pupils are vulnerable to and capable of abusing their peers. This is not part of 'growing up' or 'banter' and will not be tolerated.

Coteford Junior School seeks to raise awareness of and prevent all forms of child-on-child abuse by educating all members of our school community. This can be through online safety lessons; PSHE lessons; assemblies and theme weeks including: Safer Internet Week; Children's Mental Health Week and Anti-Bullying Week.

This policy looks at child-on-child abuse, and 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 the trusted adults you can speak to if you are worried





# WHAT IS PEER-ON-PEER ABUSE?

**Abuse** is something which physically or emotionally **hurts** another person by using behaviour that is meant to **scare, hurt** or **upset** them.

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's really **important** you recognise when you are being abused. so we can make sure it stops.

There are lots of different 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 take many forms and it's essential that you recognise different types of bullying.

**Emotional bullying** is hurting someone's feelings, leaving them out or controlling them by 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 use verbal bullying to be **racist** or **homophobic**.

**Racist** means bullying someone because of their skin colour, race or beliefs.

**Homophobic** means bullying someone because of their gender or sexuality. Calling someone gay or lesbian to hurt their feelings is homophobic.

**Sexist** means bullying someone because of whether they are a boy or a girl

**Online bullying** can take place via a device. This can be cyberbullying such as unpleasant messaging; unkind behaviour in gaming or isolating a person / group from social contact online.

Bullying can be done through **another person**, by one person telling another person to say nasty things or spread rumours.

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## SOCIAL MEDIA

e.g: Instagram / Snapchat / TikTok

This is sending **inappropriate selfies, pictures, videos or messages** about private parts.

Forcing or **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 kind of pictures or videos of a person if they are under 18 years old.



**You know that you have a right to own your own body.** You have private parts that you can touch yourself and other adults can touch with your permission in specific situations e.g., a nurse in hospital. No-one should make you feel uncomfortable by asking you to share photographs of yourself.

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## SEXUAL HARASSMENT/ ABUSE

Sometimes, people can **act inappropriately towards others** and it might make them feel uncomfortable. This can be called sexual harassment. 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**, saying **rude things** or saying sexual things about someone's **appearance** or clothes
- Calling someone **sexual names**
- Sexual jokes about your body parts
- Being physical, like **touching** which makes you feel uncomfortable, or **showing pictures** or **drawings** which are of a sexual nature

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## RELATIONSHIPS

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

### Positive relationships:

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



### Unhealthy 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 don't 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 don't know what will make them angry – it might make you feel **nervous**
- The person might **pressure** you to do things **you don't want to** or aren't ready for
- The person **might not take no for answer** when you say you don't want to do something

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## 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 unexplained injuries, like bruises in unusual places**

**Feeling sad and down**

**Feeling like you can't cope**

**Feeling withdrawn or shy**

**Getting headaches or stomach ache**

**Feeling nervous**

**Not being able to sleep, sleeping too much or getting nightmares**

**Feeling panicked**

**Changing appearance to look much older**

**Being abusive to someone else**

**Remember:** You can feel some of these things without being abused. Listen to how you feel, and know that these signs can mean you are being abused. If you feel concerned or uncomfortable, share your feelings with a trusted adult.





## WHAT DO I DO IF SOMEONE ELSE IS 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 way** and ignore the problem if you see someone else being abused. **Tell a trusted adult**, such as a teacher, as soon as you've 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 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 actually **seen** any abuse. **Please tell a trusted adult who will help.**



## WHAT DO I DO IF I AM BEING ABUSED?

### 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.

Always remember that if you are being abused, it is **not your fault** and you are **never alone**. You shouldn't 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 doesn't happen again.

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

- Miss Martin and Mrs Eckley are in charge of child protection and safeguarding in the school. Miss Skinner is part of the team too. **They will help you.**

- All the teachers; teaching assistants; dinner staff and office staff are trained in safeguarding. **They can help you.**

- Our site managers, Dave and Eve **will also help.**

The school will take all reports seriously and pupils will be reassured and kept safe. Staff cannot promise to keep things confidential (secret) as concerns will need to be shared. You will be informed at all times and we work hard to make you feel safe.

**Here are some organisations that can also help you:**

**Childline**



**NSPCC**



**Place2Be**

