



Fulwood St Peter's Primary School

Child Friendly Peer on Peer Abuse



Feeling safe and happy at Fulwood St. Peter's C.E. Primary School.

Unlocking Potential

With the keys of Respect, Compassion, Kindness, Courage, Forgiveness and Love

In Christ are hidden all the treasures of wisdom and knowledge. Colossians 2:3

It is our aim to make sure that you feel looked after, you feel safe and are happy whilst you at Fulwood St. Peter's. At times we do not know if something bad is happening, so we need you to tell us. This policy looks at peer-on-peer abuse and what you can do if you think you are being abused or if you think this is happening to someone you know.

Your teachers can help you by teaching you

what peer –on-peer abuse is

teaching you what to do if you feel this is happening to you or someone you know.

By making sure you know that there are grown – ups that you can talk to if you are worried.

By making sure PSHE journals are read, time for talking is in place and worry monsters are in class.

What is peer-on peer abuse?

A peer is someone who might be your friend, a child at school, or another child you may know outside of school like at clubs that you go to afterschool or on a weekend. Abuse is something which can be physical like hitting and pushing, or emotionally hurts another person by using behaviour like name calling, or a way which 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's really important you know 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 is a form abuse

Bullying: Did you know there are lots of different types of bullying and isn't just hitting or kicking another person. It can be done through another person, or by one person sending another person to say hurtful things to them on a repeated basis.

Emotional bullying: is hurting someone's feelings, you might leave them out of a game or friendship group, you might be shouted at and bossed about.

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

Verbal bullying: is about teasing someone, calling them names or using rude hand signs.

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

Homophobic bullying: means bullying someone because of their gender or (or the way they feel about their gender); calling someone gay or lesbian to hurt their feelings would be homophobic.

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

Cyber bullying: can be sending horrid messages over the internet or by text message.

Unhealthy behaviours and harassment

This can happen online, on social media, through messages and face-to-face. It might make a person feel scared, embarrassed, nervous, anxious or upset.

This could happen by making:

Rude personal comments: such as saying something rude comments about the appearance of someone's clothes or about the way they look in their clothes.

Being physical, like touching which makes you feel uncomfortable, by messing with your clothes, showing pictures or drawing images that are of a rude.

Online harassment: Like sharing rude or naked pictures and creating videos and posting them on social media sites.



LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.

N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

T ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.

S PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.

Remember all of these rules and they'll help you stay safe, just like Pantosaurus

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. It is illegal to have these kind of pictures or videos of a person if they are under 18 years of age.

Relationships

A good relationship should make you feel:

Comfortable with the person

You can be honest and share trust with the person

You can discuss what you are feeling, thinking and can listen to the other person.

You can be equal to the person and you feel looked after.

Bad relationships may make you feel uncomfortable:

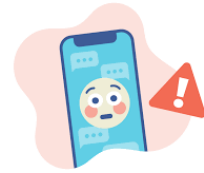
The person might push you, hit you or destroy your things.

You may feel scared, threatened the person may call you names

The person may get angry with you.

They might call you names, hurt you or boss you about.

the person might pressure you to do things you don't want to or aren't ready for, like sex, or using drugs and alcohol.



Signs to look out for:

It is important that we know the signs of abuse so we can help our friends. These are some of the signs, there will be other signs and these signs are not always about abuse either.

Some signs might be:

Not attending school.

Feeling sad and down, feeling like they can't cope with normal things.

Getting headaches, stomach ache, feeling sick, not wanting to eat.

Getting angry quickly and being unkind to others.

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.

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 trusted adult, such as a teacher, as soon as you've seen someone being abused. It is the adult's job to help stop the abuse and make you feel happy again. You should never feel scared to speak to a trusted adult.

If you are worried about your friend, it is really important that you help them by speaking to a trusted adult about your worries.

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 trusted adult, 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 you trust will mean that they can make sure the abuse stops and doesn't happen again.

In school all adults are trained to be supportive and listen to your worries.

Speak to trusted adults outside of school, these may include club leaders, family members or friends.

How can I help stop abuse from happening?

In school we can help stop abuse by giving children the tools to equip them to be able to identify the different types of abuse. By ensuring all children know who they can turn to for support.

Pupils can:

Make sure we understand how we should act towards each other.

Helping others when they are in need.

Be kind, friendly and respectful to others.

Think about people's feelings before we say or do something.

Take part in school activities, like assemblies, PSHE lessons and circle time, which talk about peer-on-peer abuse.

Talk 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.

Other places I can get help.



Keeping ourselves safe in school and at home.

Have you ever felt like this?

Something online has made you feel uncomfortable or upset.

You have been called names or excluded from a game because of your gender, race or friendship groups.



Someone has hurt you physically or emotionally.

Received unkind words and comments on social media.



Remember at St Peter's, we can help you.

You need to...

Try not to be too scared to talk about your feelings

Tell a trusted adult- in school you can talk to all adults

You can tell your sports coaches and club leaders outside of school

You can talk to your family and friends

You can write down in your PSHE journal

On our website there is the NSPCC Childline page go to Children > Internet Safety

You can draw a picture and share with the adults

You can use the worry monsters in the classroom

The trusted adult will listen to you and find you the help you need.

You can use the NSPCC number 0800 1111



By School Council February 2022