



**Wandle Valley  
Academy**

## **Pupil Friendly Child on Child Abuse Policy**

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## **Feeling safe and Happy at School**

At Wandle Valley Academy, we want pupils inside and outside of school to feel looked after, safe and happy.

We may not know something bad is happening, so you need to tell us.

Over the next pages you will see:

- what is child on child abuse
- what you can do when you are being abused
- when you notice someone else is being abused

We are here to 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 adults you can speak to if you are worried

### **1. What is child on child abuse?**

A **peer** is someone who may be your friend, a child at school or a child outside of school.

Abuse is something which usually is physically or emotionally hurts another person by using behaviour that are 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 really important you know when you are being abused so we can make sure it stops.

There a many 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.



## 2. Bullying

Bullying can be different things, it 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 unkind messages over the internet or by text message.

Bullying can be done **through another person**, by one person sending another person unkind messages.

## 3. Sexting

This is sending inappropriate pictures, videos or messages. They can sometimes be called "nude pics", "rude pics" or even "nude selfies", and they can also be rude messages.

Pressuring someone into sending these pictures, videos or 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**.

## 4. Sexual Harassment

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

This can happen online, social media, through messages and face to face.

It may 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 the clothes someone wears or how they look.

Calling someone by sexual names

Teasing or making sexual jokes

Being physical, like touching which makes you feel uncomfortable, messing with your clothes, or showing you 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 making you do something sexually that you do not want to do, or feel ready for.



## 5. Relationships

Any relationship you have should be good and happy. A bad relationship may make someone feel scared, confused, worried and even unsafe.

It is very important that you know the difference between a good relationship and a bad relationship.



### **Good relationships**

- You are comfortable
- You can be honest with that person
- You can say how you feel, 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 may push you, hit you or destroy your things
- The person may tell you what to do, what to wear or who you can see
- You may feel scared- they may hurt you if you do not do something, or they will hurt you if you do something
- 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 really easily and you do not know what makes them angry- this may make you feel nervous
- The person may pressure you to do things you do not want to do, or feel ready to do, like sex, using drugs or alcohol
- The person may not take “no” for an answer when you say you don’t want to do something


## **6. How do I know if someone is being abused?**

It may 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 of the signs may be:

- Not going to school
- Having injuries like bruising
- Feeling sad and down
- Feeling they are not able to cope
- Feeling withdrawn and shy
- Getting lots of headaches or tummy aches
- Feeling nervous or anxious a lot of the time
- Not being able to sleep, or sleeping too much or having nightmares
- Feeling panicked
- Using alcohol or taking drugs
- Changing the way they look, they may look older
- Being abusive to someone else

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

## **7. What can I do if someone else is being abused?**

If you see someone else being abused, it is important that you try and help that person.

You should always try and help and not ignore the problem, if you see someone is being abused this could be really upsetting them.

Tell a grown up, like a teacher at school, as soon as you have seen someone being abused.

Grown-ups can stop abuse and can help that person who has been abused feel happy again. You should never feel scared to tell someone about abuse.

Sometimes you may not see someone being abused, but you may be worried about them. You may think they are being abused by someone you do not know, or someone they have told you about. It is very important to tell someone, even if you are worried, but have not 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 who is abusing you to leave you alone, if it is safe to do so. Telling them to leave you alone, could feel really scary and make you more worried that they could hurt you. This is why it is important to tell someone about it 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 that you are never alone.

You should not be scared to talk to someone about what is happening, if you talk to a grown-up they can help make the abuse stop.

## **9. Who can I talk to?**

It is important that you tell someone as soon as possible that you are being abused or you notice that someone else is 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.

### **Grown- Ups in school you can speak to (DSLs):**

Charlotte Finning – Safeguarding Lead

Lynda Harris – Headteacher

Roy Charles – Assistant Headteacher

Katherine Peck- Assistant Headteacher

## **10. Stop Abuse From Happening**

We can all stop any abuse from happening at our school by:

- Making sure we understand how we should act towards others
- Helping others when they need help
- Being friendly, kind and respectful to others
- Thinking about the feelings of others, before we say or do something
- Being in the right place at the right time, doing the right thing
- Talking to someone when we are worried

11. Who else can I talk to?



On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal



**HOPELineUK 0800 068 41 41**

The advertisement for the "shout" text service features a green smartphone graphic on a dark blue background. Inside the phone's screen area, the text "TEXT" is at the top, followed by "shout" in a large, white, bold, sans-serif font with a black outline. Below that is "TO" and the number "85258" in a very large, white, bold, sans-serif font with a black outline. At the bottom of the phone graphic is a white circle representing a home button. Below the phone graphic, the word "shout" is written in a white, sans-serif font, followed by a small red box containing the text "HOPE LINE UK".