

Bridgewater Primary School

Child Friendly Child on Child Abuse Policy

2023-24



Respect, Resilience, Responsibility

The Ten Things we need to know to help us feel happy and safe in school and out

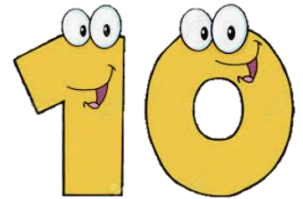
At Bridgewater Primary School, we want to make sure that every pupil in our school feels looked after, safe and happy, both when you are in and out of school.

Sometimes adults don't know if something bad has happened, so you need to tell us.

This policy looks at child-on-child abuse, what that means and what you can do when you feel you are being abused, or when you notice someone else being treated in a way that could hurt them.

We want you to:

- Understand what child-on-child abuse is.
- Know what to do if you feel like this is happening to you or someone else.
- Make sure you know there are adults you can speak to if you are worried.
- Know where to find your trusted adults.



1. What is child-on-child bullying and abuse?

This can happen with other children, sometimes they are called your **peer**.

A **peer** is someone who might be your friend, a child at school with you, or another child you may know. They can be the same age as you or a different age.

Abuse is something which usually physically or emotionally **hurts** another person by behaving in a way 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 very **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.

2. Bullying

Bullying can be different things, and isn't 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. It could be happening to you or someone you know. If it happens at home it is called **domestic abuse**.

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 or race.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian to hurt their feelings would be homophobic. Calling someone 'gay' to hurt them will be treated very seriously.

Transphobic means bullying someone because of how they perceive their gender; they may identify as the opposite sex.

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

Cyber bullying involves sending horrid messages online, on social media or by text message. Bullying can be done through **another person**, by one person sending another person to say nasty things.

Respect is a school value and we will respect everyone in our school community equally.

3. Sending nude pictures

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 or unkind messages. Pressuring someone into sending these pictures, videos and messages is wrong and it is abuse.

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

If this has happened to you, please tell a trusted adult straight away. Mrs Redden is our online safety leader and you can find her photo below.

- Remember the rules about mobile phones at our school. If you are in Y5 and Y6 you will be allowed to bring your mobile phones into the school, but they must be switched **OFF** in the school and only switched on when you are outside the school grounds.
- When you use them, you should use them carefully and respectfully. Remember our 'Netiquette Rules'.
- Remember we all have a digital footprint and we want all our children to use their phones responsibly.



4. Sexual harassment

Sometimes, people can **act inappropriately** towards others and want to use their body or your body in a way that is unexpected and it might make you feel uncomfortable. This is not ok and it is not safe and can happen with people you know, people you meet **face-to-face** and sometimes people you meet **online**.

It might make that child feel **scared, embarrassed, uncomfortable** or **upset**.

It could be:

- Someone making **uncomfortable comments**, like telling stories that make you feel embarrassed and unsure. It could feel wrong. They could be saying **rude things** or saying inappropriate things about someone's appearance, body parts or clothes.
- Calling someone **names that are personal and hurtful**.
- **Inappropriate jokes** or teasing that make you feel uncomfortable.
- Being physical, like **touching** which makes you feel uncomfortable, messing with your clothes, or **showing pictures** or **drawings** which show people who are undressed.
- **Sharing nude pictures** and **videos**, or posting comments about people's bodies on social media.
- It might also be **threats** or pushing you to do something with your body that you don't want to or aren't ready for.
- It could be **watching** something that makes you feel uncomfortable.

No-one has the right to touch you, tease you, use inappropriate words or gestures or put you under pressure to do something that uses your body or theirs. If this happens, you must tell an adult, who can help you.

Remember our 'pants rule' – your private parts are only for you. The NSPCC have a special song called 'Pantosaurus' which will help you remember this important rule.



5. Relationships

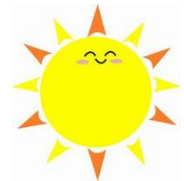
Any relationship you have should help you to feel **safe** and **happy**.

A bad relationship might make someone feel **scared, confused, worried** and even **unsafe**.

It's really important that you know the **difference** between a good relationship and a bad relationship.

Safe 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 **support** each other and treat each other **nicely**.
- You feel **safe**.
- You **trust** that person.



- You are **equal** – you don't boss each other around or tell each other what to do.
- You feel **looked after**.

Unsafe 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, like using your body in ways that make you feel unsafe or uncomfortable, or using drugs and alcohol.
- The person **might not take no for answer** when you say you don't want to do something.
- Sometimes it is **hard to understand** that a relationship is unsafe, because people may do things that seem kind or nice, they may treat you to presents and gifts or do things to help you. This can sometimes happen when people want to build your trust and then use that to pressure you to make unexpected choices later.

If you are unsure whether someone is being kind or not, a trusted adult can help.

6. How will 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.
- Keeping secrets and being afraid to talk to their adults.
- Having injuries, like bruises.
- Feeling sad and down.
- Feeling like they can't cope.
- Feeling withdrawn or shy.
- Getting headaches or stomach ache.
- Feeling nervous.
- Getting unexpected presents or gifts such as money or phones.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.

- Using alcohol or drugs.
- Changing their appearance to look much older.
- Being unkind and abusive to someone else.

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 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, 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 hurt them. Get an adult to help you, as soon as you've seen someone being abused. Adults in school can **stop the abuse** and make that person begin to feel safe and better again.

Adults you can trust will not promise to keep secrets, but this is because they need to **help you to keep safe**. Adults you can trust will also **not ask you to keep a secret**.

They will make sure they do what is right to help you.

You should **never feel scared** to tell someone about abuse.

At our school all the adults will **listen** and will **understand**.

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 very 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 **an 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 shouldn't be scared to talk to someone if you are being abused. If you talk to an adult, we can make the abuse stop.

9. 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 some of the adults at our school that you can speak to:

Mrs Harvey

Mrs Troop

Mrs Redden

Mrs Wise

Miss Ottaway



We wear **green** lanyards and we will help you if you are worried or scared. There are also lots of other adults who will help you as well.



You can also ask:

Your class teacher, your teaching assistants, someone in our School Office or a Lunchtime Supervisor. They wear **blue** lanyards and have a badge with their photo on so you know who they are.

10. How can I help stop abuse from happening?

We can all help stop abuse at our school by:

1. Making sure we **understand** how we should **act** towards others.

2. **Helping** others when they are in need.
3. Being **kind, friendly** and **respectful** to others.
4. Thinking about people's **feelings** before we say or do something.
5. Taking part in **school activities**, like assemblies, PSHE lessons and circle time, which talk about child-on-child abuse.
6. **Talking to someone** when we are worried.

You should know that abuse is never OK and never a joke.

If you are worried, let us know.

We are here to help you and make Bridgewater a safe and happy place, so we can learn together.



Remember our Bridgewater School values: Respect, Responsibility and Resilience

Policy agreed: September 2023

Next review date: September 2024

Updated with staff changes: May 2024

Deputy Head Teacher/DSL: Frances Troop Safeguarding Governor: Angela Watson

This policy must be used in conjunction with the annual Safeguarding Policy and Annex A.