



Feeling safe and happy at Sir John Sherbrooke Junior School

At SJS, 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 bad is happening, so you need to tell us so that we can help.

This document looks at 'Child-on-Child Abuse' and what you can do if you feel that you are being abused, or when you notice someone else being abused.

What is child-on-child abuse?

- A child is someone who might be your friend, a child at our school, or another child you may know, they can be older or younger than you.
- Abuse is something which usually physically or emotionally hurts another person by using behaviour 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 that it's happening.

There are lots of different types of abuse. It is important you know what these types of abuse are so that you can know what to do if you see them.

- Bullying: Bullying can be different things, and isn't just hitting or kicking another person. We remember STOP when talking about bullying : Bullying is Several Times On Purpose. Different types of bullying include:
 - Emotional bullying: hurting someone's feelings, leaving them out or bossing them about;
 - Physical bullying: punching, kicking, spitting, hitting or pushing someone;
 - Verbal bullying: teasing someone, calling them names or using rude hand signs. People can also use verbal bullying to be racist or homophobic;
 - Racist bullying: is bullying someone because of their skin colour, race or what they believe in;
 - Homophobic / LGBT+phobic bullying: is bullying someone because of their gender or sexuality;
 - Sexist bullying: is bullying someone because of their gender
 - Cyber bullying: involves bullying people over the internet or by text message;
 - Bullying can also be done through another person, by one person sending another person to say nasty things.
- 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. Pressuring someone to send 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.



- Sexual harassment: Sometimes people can act sexually towards others and it might make them feel uncomfortable. 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, like telling sexual stories, saying rude things, or saying sexual things about someone's appearance or clothes;
 - Calling someone sexual names;
 - Sexual jokes or teasing;
 - Being physical, like touching which makes you feel uncomfortable, messing with your clothes, or showing 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;
 - Sending sexual threats or pushing you to do something sexually that you don't want to or aren't ready for.
- Relationships: Any relationship you have should be good 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:



- Good 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.



- Bad 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, or they might say that they will hurt you if you do something too;
 - 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 do or aren't ready for, like using drugs and alcohol or having sex;
 - The person might not take no for an answer when you say you don't want to do something.

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 that 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:

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| • Not attending school; | • Feeling nervous or panicked; |
| • Having injuries, like bruises; | • Not being able to sleep, sleeping too much or getting nightmares; |
| • Feeling sad or down; | • Using alcohol or drugs; |
| • Feeling like they can't cope; | • Changing their looks to look much older; |
| • Feeling withdrawn or shy; | • Being abusive to someone else. |
| • Getting headaches and stomach aches; | |

Remember: you can feel all of these things too. Listen to how you're feeling, and know that these signs can mean that you are 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 ignore the problem if you see someone being abused, tell an adult straight away.
- Tell a grown-up, such as a teacher, as soon as you've seen someone is being abused.
- Grown-ups can stop the abuse and help to make that person feel happy again.
- Sometimes, you might not see someone being abused, but you might be worried about them. Or, you might think that they are being abused by someone you don't know, or someone they have told you about. It's really important that you tell someone even if you're worried but haven't seen any abuse.

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, friend or a teacher.



Who can I talk to?

It is important that you tell someone as soon as you're 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.

At Sir John Sherbrooke Mrs Mee, Mrs Sansom, Mrs Marlor and Mrs Grant are our Designated Safeguarding Leads, who you can talk to about abuse. You can also talk to any other adult in school. We are all here to help.



Abuse is never okay and it is serious. It is not funny, or a part
If you abuse someone, there will be consequences to your actions.

Let's continue to Take Care and make Sir John Sherbrooke Junior School a happy and safe place.

Bad relationships can be a sign of child-on-child abuse. Remember, relationships should be good and happy. In bad relationships: The person might push or hit you or destroy your things

- They 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 get angry easily and you don't know what will make them angry – you might feel nervous
- They might pressure you to do things you don't want to do
- They might not take no for an answer when you say you don't want to do something.

Bullying is a type of child-on-child

abuse. It includes:

- Physical bullying
- Verbal bullying
- Racist bullying
- Homophobic bullying
- Sexist bullying
- Cyber bullying
- Bullying through another person.



Child-on-Child Abuse

Child-on-child abuse is where someone who might be your friend, a child at school, or another child you may know physically or emotionally hurts another child by using behaviour that is meant to scare, hurt or upset that person.

What do I do?

If you think that you, or someone you know is being abused, tell someone you trust – this could be a family member, friend or teacher. Grown-ups can stop the abuse and help to make you, or the person being abused, to feel happy again.

If you're worried, remember that you can speak to Mrs Mee or any adult in school or telephone Childline on: 0800 1111

Look out for your friends:

- Not attending school
- Having injuries, like bruises
- Feeling sad or down
- Feeling like they can't cope
- Feeling withdrawn or shy
- Getting headaches and stomach aches
- Feeling nervous or panicked
- Not being able to sleep, sleeping too much or getting nightmares
- Using alcohol or drugs
- Changing their looks to look much older
- Being abusive to someone else.

How to help stop abuse from happening:

- Making sure we understand how we should act towards 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, like assemblies, PSRHE lessons and circle time, which talk about topics such as child-on-child abuse
- Talking to a grown-up in school when we are worried.

Sexting is a type of child-on-child

Sending inappropriate pictures, videos or messages – sometimes be called 'nude pics', 'rude pics' or 'nude selfies', but can also be rude messages.

- Pressuring someone to send 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.

Sexual harassment is a type of

child-on-child abuse. This is where people act sexually towards others online, on social media, through messages and face-to-face. It could include:

- Sexual comments;
- Calling someone sexual names;
- Sexual jokes;
- Being physical, like touching or showing pictures or drawings of a sexual nature;
- Sharing sexual pictures and videos, or posting sexual comments;
- Sending sexual threats.

Abuse is never okay and it is serious. It is not funny, or a part of growing up. If you abuse someone, there will be consequences to your actions.