



Elmhurst Junior School

Child-Friendly Child-to-Child Abuse Policy

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Feeling safe and happy at school

At Elmhurst 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 bad is happening, so you need to tell us.

This policy looks at child - to - child abuse and bullying, and what you can do when you feel you are being abused or bullied, or when you notice someone else being abused or bullied. We can help you by:

- Teaching you what child-to-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 grown-ups you can speak to if you are worried.

1

What is child-to-child bullying and abuse?

It might be someone who is your friend, a child at school with you, or another child you may know.

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 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.

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.

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 horrid messages over the internet or by text message. Bullying can be done through **another person**, by one person sending another person to say nasty things.

3

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 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.



4

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.
- It might also be **sexual threats** or pushing you to do something sexually that you don't want to or aren't ready for.



5

Relationships

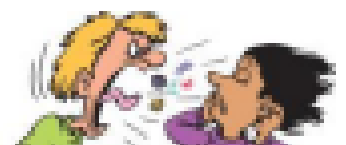
Any relationship you have should be **good** and **happy**.

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. 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 sex, or using drugs and alcohol.
- The person **might not take no for 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 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 injuries, like bruises.
- Feeling sad and down.
- Feeling like they 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.
- Using alcohol or drugs.
- Changing looks to look much older.
- Being abusive to someone else.

Remember: you can feel all of these things too. Listen to how you feel, and know that these signs can mean 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 walk away** 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 hit them.

Tell a grown-up, 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 **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, a friend or **any 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 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 some of the grown-ups at our school that you can speak to: Ms Airey, Mrs Prime, Miss Bartlett, Mr Leafe, your class teacher, a learning support assistant, a midday supervisor and/ or a member of the office staff.**



How can I help stop abuse from happening?

We can all help stop abuse at our school by:

- 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, PSHE lessons and circle time, which talk about peer-on-peer abuse.
- **Talking 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. If you abuse someone, you will get into trouble.

Curriculum For Life 2022 - 2023
PSHE/ RSE coverage for areas mentioned in the child-to-child abuse policy
Colour Key:

Bullying	Sexting	Sexual Harassment	Relationships	Abuse
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Online Safety

Themes	Year 3	Year 4	Year 5	Year 6
Autumn 2 - Relationships				
Families & People Who Care For Me	Lesson 1 - Family relationships I am learning to recognise the features of family life	Lesson 1 - Diverse families I am learning to describe different family structures	Lesson 1 -Family changes I am learning to describe some of the changes that can happen in a family	Lesson 1 - Family and commitment I am learning to describe what commitment means and what it looks like
Caring Friendships	Lesson 2 - Build a friend I am learning to identify what makes a good friend	Lesson 2 - Friendship conflict I am learning to understand that friendships have ups and downs	Lesson 2 -Friendship skills I am learning how to provide possible solutions to friendship problems	Lesson 2 - Forming positive relationships I am learning to explain how friends can support each other effectively
Respectful Relationships	Lesson 3 - Respect and manners I am learning to understand courtesy and manners in a range of situations	Lesson 3 - Respecting myself I am learning to identify my positive attributes.	Lesson 3 -Developing values I am learning to understand how opinions, beliefs and values are formed.	Lesson 3 - Discrimination & prejudice I am learning to recognise prejudice and discrimination and know how this can be challenged
	Lesson 4 - Conflict Vs bullying I am learning to understand what bullying is	Lesson 4 - Bullying I am learning to understand the impact of bullying and the responsibility of bystanders to help	Lesson 4 - Bullying I am learning to understand what might lead to someone bullying others	Lesson 4 - Bullying & Cyberbullying I am learning to describe the impact that bullying and cyberbullying can have on a person
Online Relationships / Online Bullying	Lesson 5 - Know or no? I am learning to explain what it means to 'know someone' online	Lesson 5 - How to spot if someone is being bullied online? I am learning to recognise when someone is upset, hurt or angry online.	Lesson 5 - Bullying or Banter? I am learning to describe how what one person perceives as playful joking and teasing (including 'banter') might be experienced by others as bullying.	Lesson 5 - Top Tips: Online Bullying I am learning to describe how to capture bullying content as evidence
	Lesson 5 - Spikey The Spider I am learning how to identify bullying behaviour could appear online and how someone can get support.	Lesson 6 - Bullying Behaviour 101 I am learning to describe ways people can be bullied through a range of media	Lesson 6 - How To Block and Report I am learning to explain how to block abusive users.	Lesson 6 - Report It I am learning to explain how to identify, flag and report inappropriate content.
Being Safe	Lesson 7 - PANTS underwear rule I am learning to understand the PANTS rule	Lesson 7 - Personal boundaries I am learning to understand personal boundaries and why there are important	Lesson 7 - Appropriate and inappropriate touch I am learning to identify the difference between appropriate and inappropriate touch	Lesson 7 - Speak out, stay safe I am learning to recognise different types of abuse and where to seek support

Spring 2 - Health & Wellbeing				
Privacy & Security	Lesson 6 - When is it OK to share? I am learning to demonstrate an awareness of the people I trust.	Lesson 6 - Digital Consent I am learning to describe how some online services may seek consent to store information about me		
Summer 1 - Relationships				
Respectful Relationships	Lesson 1 - Stereotypes: gender I am learning to recognise gender stereotypes	Lesson 1 - Stereotypes: gender I am learning to identify fictional characters who reinforce gender stereotypes	Lesson 1 - Stereotypes: gender I am learning to recognise how attitudes to gender have changed over time	Lesson 1 - Stereotypes: A world of difference I am learning to recognise and challenge stereotypes of visible difference
	Lesson 2 - Stereotypes: age I am learning to recognise that stereotypes exist based on different factors	Lesson 2 - Stereotypes: Disability I am learning to recognise that stereotypes can relate to a number of factors	Lesson 2 - Stereotypes: race & religion I am learning to understand that stereotypes around race and religion can be harmful	Lesson 2 - Stereotypes: A world of difference I am learning to suggest alternative ways to represent 'bad' characters
	Lesson 3 - Asking For Permission I am learning to understand what it means to ask for permission	Lesson 3 - Giving and seeking permission I am learning to understand the importance of giving and asking for permission (consent).	Lesson 3 - Consent and boundaries I am learning to explain what consent and boundaries mean	Lesson 3 - Understanding consent I am learning to understand what is meant by consent
Online Reputation / Online Relationships		Lesson 4 - Safety First I am learning to describe strategies for safe and fun experiences in a range of online social environments	Lesson 4 - A picture speaks a thousand words I am learning to give examples of technology-specific forms of communication (e.g. emojis, memes and GIFs).	Lesson 4 - Respecting Boundaries I am learning to describe how to be kind and show respect for others online
	Lesson 5 - Caring about sharing I am learning to give examples of what anyone may or may not be willing to share about themselves online.	Lesson 5 - Time To Respect I am learning to give examples of how to be respectful to others online	Lesson 5 - Where's The Harm In That? I am learning to explain that there are some people I communicate with online who may want to do me or my friends harm.	Lesson 5 - Is 'It's Ok' Really Ok? I am learning to explain how taking or sharing inappropriate images of someone may have an impact
Being Safe	Lesson 6 - Good and bad secrets I am learning to understand the difference between a good secret and a bad secret.	Lesson 6 - Privacy and secrecy I am learning to understand the concept of privacy and the difference between secrets and surprises		

See computing curriculum for specific online/ digital coverage