Early Years

Being Happy at School

A Child Friendly Child-on Child Abuse Policy

Kind hands and kind feet

Children come to school to learn to share and take turns. Children don’t always have the language to communicate what they want.

Talk to your child about sharing and using kind hands and kind feet.

Kind words

Children will learn to speak kindly if we show them how. Modelling kind and quiet talk will ensure that children can communicate kindly. This will help their friendships to grow.

Talk to your child about using kind words such as please, thank you and sorry.

Kind heart

We all love to be loved.

Show your child that you expect them to be kind in everything they do. Do not accept poor behaviour as the sooner they learn to be kind the easier it will be for everyone.

Children will learn to be kind and gentle when kindness is shown to them by all adults around them.

Talk to your child about their feelings and how they make others feel with their actions.

St. Cuthbert´s Catholic Primary School

Years 1 and 2
Being Happy at School

A Child Friendly Child on Child Abuse Policy

Being happy at school

At school we want you to feel safe and happy.

At school we learn to be kind to each other.

When someone is **not** kind we want to know.

Ways of being unkind

Sometimes we hurt people but we don’t mean it. When this happens we say **sorry**. This is what happens **most** of the time in school.

Sometimes you may get **hurt** on **purpose**.

They may hurt you by kicking or hitting you.

They may hurt you by making you **feel** silly, calling you names or making you feel **left out.**

Bullying

Bullying is when you <u>keep</u> picking on someone because you think you are better than them or in charge of them.

- Calling someone **names.**
- Hurting your **feelings.**
- Not letting you **play games.**
- Making fun of someone's **size.**
- Making fun of the **colour** of **skin.**
- Making fun of the way someone **talks.**
- **Pushing, Punching** or **kicking.**

Being Friends

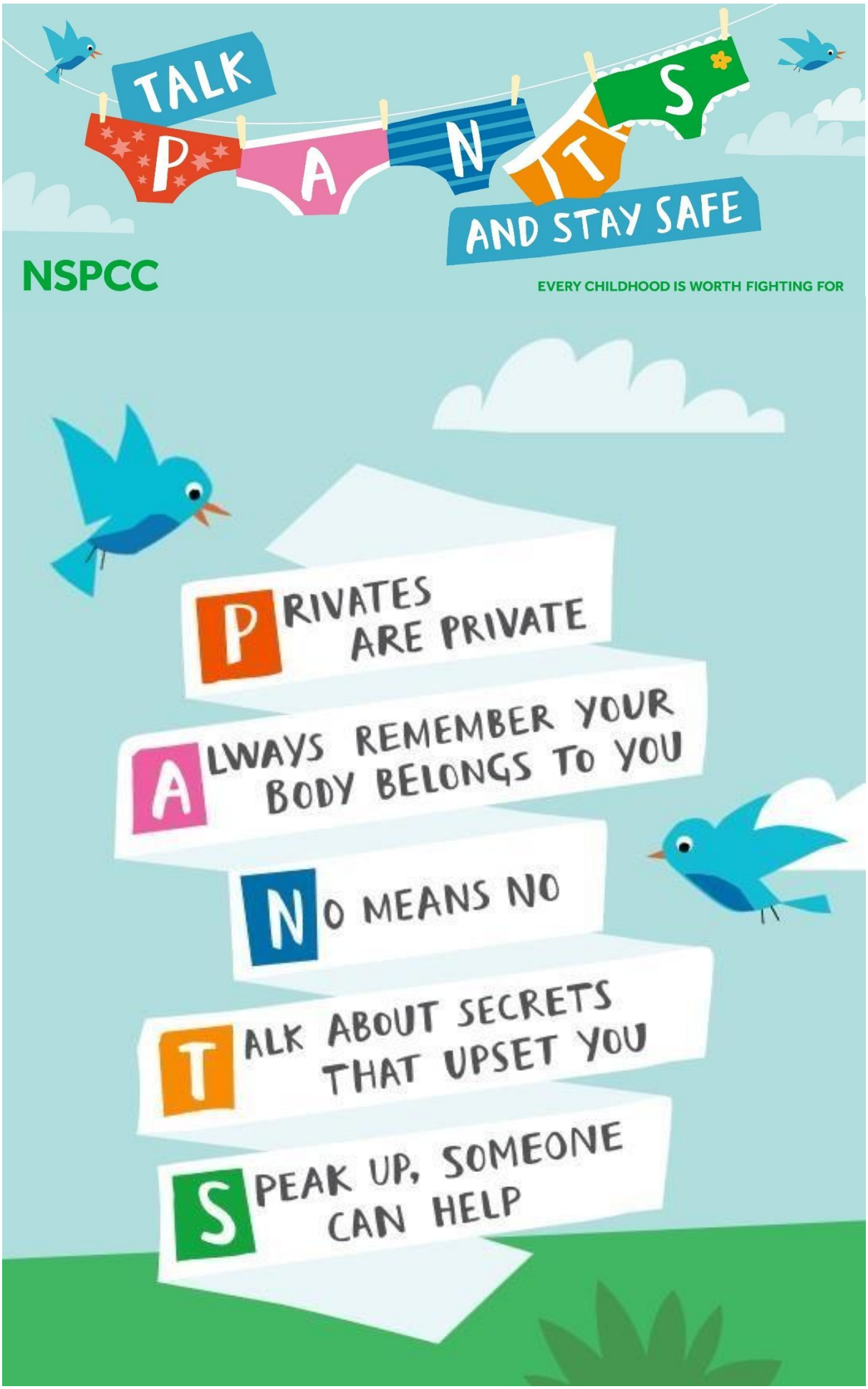
When we are friends it should make us feel **good** and **happy**.

Words for **good** friendships:

fun honest share listen safe trust equal support

Words for **bad** friendships:

push hit bossy scared angry nervous sad alone


TALK
PANTS
AND STAY SAFE
NSPCC
EVERY CHILDHOOD IS WORTH FIGHTING FOR
PRIVATES ARE PRIVATE
ALWAYS REMEMBER YOUR BODY BELONGS TO YOU
NO MEANS NO
TALK ABOUT SECRETS THAT UPSET YOU
SPEAK UP, SOMEONE CAN HELP

What do I do if I am being hurt?

The first thing you should do is **tell someone.**

You could tell the **person,** tell a **friend** or tell a **teacher.**

You should **try not** to:

- **Do** what the person says.
- Let what the person says or does **upset** you.
- Get **angry** or hit them.

Who can I tell?

If you feel sad or upset **tell someone.**

If your **friend** feels sad or upset **tell someone.**

You can tell a **teacher** or an **adult** at **school** or at **home** and they will **help** you.

Let's keep St Cuthbert's a happy place!

St. Cuthbert´s Catholic Primary School

Years 3 and 4

Feeling safe and happy at school

A Child Friendly Child on Child Abuse Policy

Feeling safe and happy at school

At St Cuthbert's we want you to feel looked after, safe and happy. Sometimes we don't know if something bad is happening, so you need to tell us.

It is good to tell someone in school so we can do something about it straight away.

This booklet talks about some of the things that might make people feel sad or unsafe.

We come to school to learn how to live, work and play together. Sometimes we can make mistakes and our actions can make another child feel unhappy or unsafe. When this happens over and over again it is called *child-on-child abuse*.

We can 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 grown-ups you can speak to if you are worried.

What is child-on-child abuse?

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

Abuse is when someone **hurts** someone else on **purpose**. A peer might hurt someone **physically** by kicking or hitting them. Sometimes they might hurt them **emotionally** by calling them names, leaving them out, threatening or making someone feel very embarrassed.

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.

Also, it might not be happening on **purpose** such as bumping into each other in a line, or when someone says something as a joke but it still upsets us. You know they didn't mean it if

they say **sorry** and stop doing it.

It's really **important** you know when you are being abused so we can make sure it stops.

Here is some more information about different kinds of abuse.

1 Bullying

Bullying is when you <u>keep</u> picking on someone because you think you're cooler, smarter, stronger or better than them.

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.

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 **happy** and **comfortable** around that person. They make you smile and feel good about yourself.
- You can be **honest** with that person and tell them the **truth.** They won't make fun of you for being yourself.
- You can say how you **fee**l, 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**.

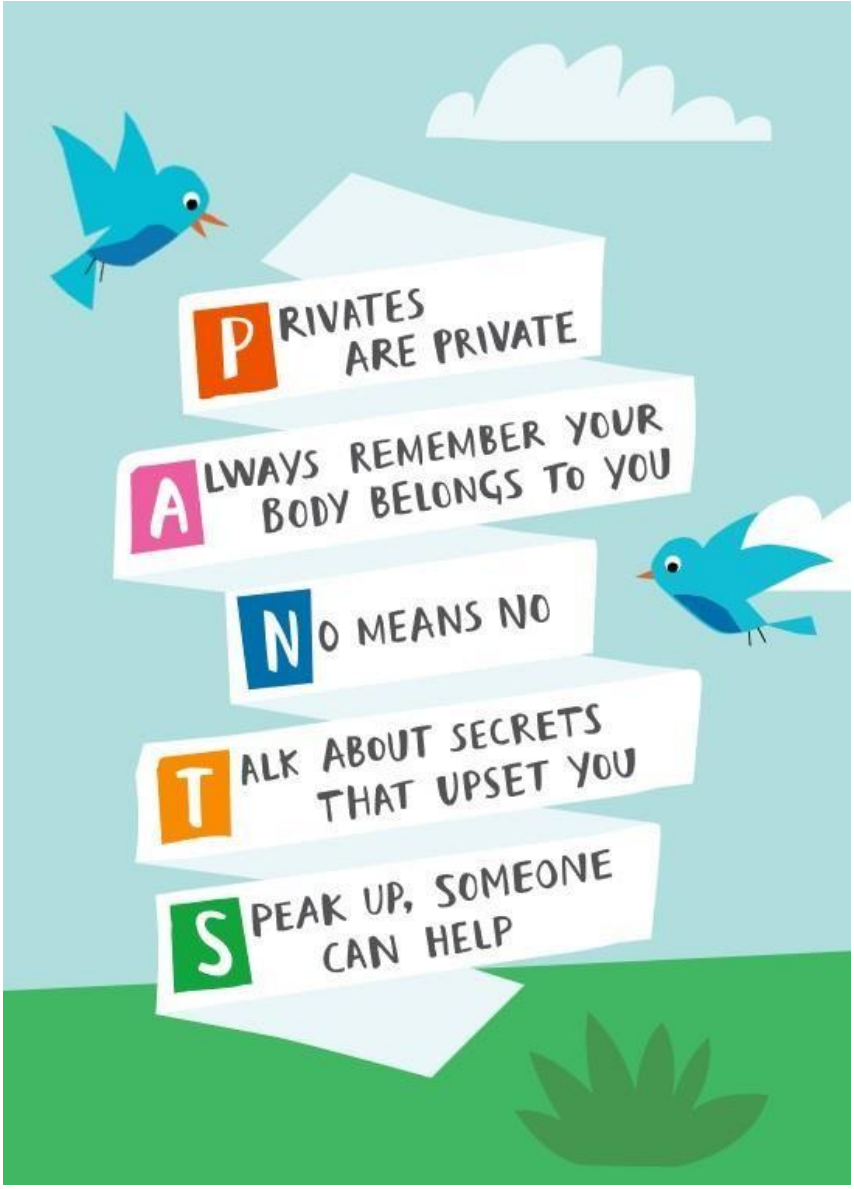
- The person **might not take no for answer** when you say you don't want to do something.

3 Privates are Private

Sometimes, people can make us feel **uncomfortable** or **embarrassed** by saying rude things or playing rude games.

It could be:

- Someone making **rude comments**, like telling stories or saying **rude things.**



• Calling someone **rude names** or making rude jokes.

• Being physical, like **touching** which makes you feel uncomfortable, messing with your clothes, or **showing pictures** or **drawings** which are rude.

• If you feel like this then

SPEAK UP, SOMEONE CAN HELP!

4

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 withdrawn or shy.
- Getting headaches or stomach ache.

- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Changing looks to look much older.
- Being abusive to someone else.

Remember: you can feel all of these things too without being abused.

Listen to how you feel, and know that these signs **can** mean you are being abused.

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.

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**.

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 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.

It's really important you **tell someone** even if you are worried, but haven't **seen** any abuse.

7

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.

NSPCC Childline: 0800 1111

How can I help stop abuse from happening?

8

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.
- Follow our **Statements To Live By**.
- **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.

Let’s keep St Cuthbert’s a happy place!

St. Cuthbert´s Catholic Primary School

Years 5 and 6

How to keep myself and others safe at school

A Child Friendly Child on Child Abuse Policy

Feeling safe and happy at school

At St Cuthbert’s 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-on-child abuse, and what you can do when you feel you are being abused, or when you notice someone else being abused.

We can 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 grown-ups you can speak to if you are worried.
- Help you to understand the difference between falling out/arguing with someone and being abused.

What is child-on-child abuse?

1

A **child** is someone who might be 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 is when you keep picking on someone because you think you're cooler, smarter, stronger or better than them.

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.

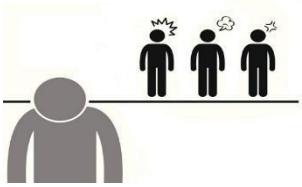
Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages, pictures, photographs 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 Sensitive Personal Information

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.



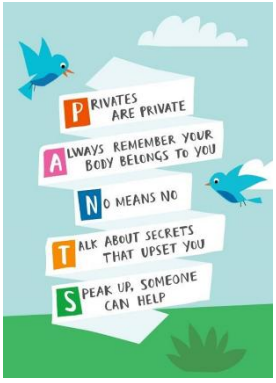
Pressuring someone into sending these pictures, videos and messages is **abuse**.

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

4 Harassment – sexualised behaviour

Sometimes, people can **act or discuss sensitive topics such as sex with 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 inappropriate in nature.
- Online, like **sharing sexual pictures** and **videos,** or posting sexual comments on social media.
- It might also be **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 using drugs and alcohol.
- The person **might not take no for answer** when you say you don't want to do something.

6 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.

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 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.

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 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.

NSPCC Childline: 0800 1111

How can I help keep St Cuthbert's a happy and safe place?

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.

Let's keep St Cuthbert's a happy place!

Our Statements To Live By …

1. **We are all special.**
2. **I can say one good thing about myself.**
3. **I can say how I feel.**
4. **I can laugh and have fun.**
5. **I know what to do if I see anyone being hurt.**
6. **I understand that rights match responsibility.**
7. **I try to stand up for myself and others without hurting others.**
8. **I try to be just and fair.**
9. **I can tell you how I look after myself.**
10. **I think before I make choices that affect my health.**
11. **I can work, play, rest and pray each day.**
12. **Simple things can make us happy.**
13. **I try to love others as I love myself.**
14. **I try to follow our school and classroom rules.**
15. **I know I belong in a community that includes my school.**
16. **I know we are happiest when we are united.**
17. **I listen to what you say. I show that I am listening to you.**

18. I co-operate with others in work and play.
19. I try to use words that make the world a better place. (Please, sorry, thank you).
20. I try to appreciate the beauty and the wonder in the world around me
21. I know that it is ok for me to make mistakes.
22. I can learn from my mistakes and failures.
23. I try to keep going when things are difficult and not give up hope.
24. I know what humility means.
25. I know when to ask for help and who to ask for help from.
26. I can recognise comfortable and uncomfortable feelings.
27. I know how to help others when they are in trouble.
28. I understand what trust means.
29. I try to forgive people when they hurt me.
30. I try to accept forgiveness from others.
31. I know how to show I am sorry.
32. I understand the importance of peace.
33. I know what human dignity means and I show that I respect others.
34. I stand up for people who are being treated unfairly.
35. I notice that we are the same and we are different.
36. I try to be accepting of others.