



# Colindale Primary School

Our Policy on  
Keeping our children and ourselves safe and happy at school  
for Year 1 & Year 2

***UNCR Rights of the Child Article 19  
(protection from violence, abuse and neglect)***

Updated November 2024

At school we want to make sure you feel looked after,  
safe and happy.

Sometimes we don't know if something bad is  
happening, so you need to tell us.



# 1

## How can children upset us?

They could hurt your body or your feelings by using inappropriate behaviour that is meant to **scare**, **hurt** or **upset** you.



# 2

## Bullying

Bullying is when someone is upsetting or hurting you all the time on purpose.



**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.

## Being Online

3

Don't send unkind messages to other children.

Make sure your parents know what you are doing when you are online.

Tell someone if something online upsets you.



4

## Your Body

No-one should touch your body without asking you. Nobody should touch or look at your private parts apart from people who help us, like a doctor.

5

## Relationships

A relationship can be between people you know, like your family and friends.

Relationships should make you feel **good** and **happy**.

**Good relationships- are when the person is:**

- Kind
- Caring
- Honest
- Friendly
- Safe

**A bad relationship might make you feel:**

- Scared
- Upset
- Worried
- Frightened





## How do I know if someone is being abused?

It might be hard for you to know if someone is being abused. It is important you can **recognise** when behaviour isn't appropriate.

Some signs might be:

- Having injuries, like bruises.
- Feeling sad or worried



## 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.

**Tell a grown-up**, such as a teacher.

Grown-ups can **stop the abuse** and make that person feel happy again.

You should **never feel scared** to tell someone about 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 a grown-up in school.

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.

**In school you can tell ANY adult that you feel comfortable talking to.**



## How can I help stop abuse from happening?

We can all help stop abuse at our school by:

- Being **kind, friendly** and **respectful** to others.
- **Helping** others when they need it.
- Thinking about people's **feelings** before we say or do something.
- **Talking to someone** when we are worried.

**You should know that abuse is never OK and it is serious.**