



Colindale Primary School

Child-Friendly Child-on-Child Abuse Policy

Year 3 & 4

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

Updated November 2024

Feeling safe and happy at school

At Colindale 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-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.

1

What is child-on-child abuse?

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**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Sexist means bullying someone because of their gender (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. Bullying happens regularly or often and over a period of time.



3

Online safety

You should never send **inappropriate pictures, videos or messages** about private parts of your body.

Pressuring someone into sending these pictures, videos and messages is **abuse**, you should not do it.

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

Your Body – Your permission

You know that you have a right to own your own body. You have private parts that you can touch and other adults can touch with your permission in specific situations e.g. a nurse in hospital.

Sometimes, people can **act inappropriately 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 **comments**, saying **rude things** or saying things about someone's **appearance** or clothes.
- Calling someone **inappropriate names**.
- Jokes about your body parts
- Being physical, like **touching** which makes you feel uncomfortable, messing with your clothes, or **showing inappropriate pictures** or **drawings**



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 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**.
- You might feel **scared** – they might say they will hurt you if you don't do something.
- The person **calls you names** 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.
- 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.

Some signs might be:

- Having injuries, like bruises.
- Feeling sad, withdrawn or worried.
- Feeling panicked
- Being abusive to someone else



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.

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.



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:

- 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.

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

You could also call...

Other ways to contact ChildLine:



www.childline.org.uk/get-support/contacting-childline



NSPCC 0808 800 5000



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.
- **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.