



Colindale Primary School

Child-on-Child Abuse Policy

Year 5&6

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

Last 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.

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 experience 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 gender (whether they are a boy or a girl).

Cyber bullying involves sending mean 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

Online safety e.g. **TikTok, Snapchat, Instagram (all have an age limit of 13), WhatsApp (age limit of 16)**

This is sending **inappropriate selfies, pictures, videos or messages** about private parts

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.

Never send an nude/semi nude image of yourself to anyone, no matter what they say or who they tell you they are.



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Sexual harassment /abuse

You know that you have a right to own your own body. You have private parts that you can touch yourself 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** and **face-to-face**.

It might make someone feel **scared, embarrassed, uncomfortable** or **upset**.

It could be:

- Someone making **sexual comments**, saying **rude things** or saying sexual things about someone's **appearance** or clothes.
- Calling someone **sexual names**.
- **Sexual jokes about your body parts**.
- Being physical, like **touching** which makes you feel uncomfortable, messing with your clothes, or **showing pictures** or **drawings** which are of a sexual nature.

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



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Signs of abuse

Some signs for you or someone else might be being abused:

- Not wanting to go to school.
- Having injuries, like bruises.
- Feeling sad, withdrawn, or nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Being abusive to someone else.
- Being persuaded to do things they don't want to do
- Changing looks to look much older.



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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 can.

Grown-ups can **stop the abuse**.

You should **never feel scared** to tell someone about abuse.



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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.
- 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 a **trusted adult**, 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...

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.
- Use your class **Worry Box or Worry Monster**



You should know that abuse is never OK and it is serious. It is not funny, or part of growing up.