



Greystoke
Primary School

Enabling our children to reach
their full potential

Child Peer on Peer Abuse Policy

This document has been put together by the Trust Safeguarding and Behaviour Lead, PHSE leads and Class teachers to ensure you know how to keep yourself safe and to make sure you feel looked after, safe and happy when you are in and out of school.

What I can find in this document:

1. Feeling safe and happy at school
2. What is peer-on peer abuse?
3. Bullying
4. Sexual Harassment
5. Relationships
6. What do I do if I am being abused?
7. How do I know if someone is being abused?
8. What do I do if someone else is being abused?
9. Who can I talk to?
10. How can I help stop abuse from happening?

1. Feeling safe and happy at school



At Greystoke Primary 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 peer-on-peer 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 peer-on-peer 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.



2. What is peer-on peer abuse?



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

Abuse is something which **hurts** your body or your feelings and is often done by 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.

3. 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**.

Being **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.

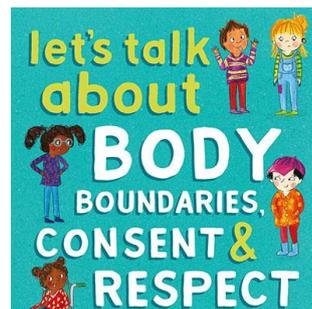
4. Sexual Harassment

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 or messing with your clothes
- Sharing **nude images** or showing pictures or drawings which are of a sexual nature.
- 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	Bad Relationships
<ul style="list-style-type: none"> ✓ You are comfortable around that person. ✓ You feel happy 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 tell each other what to do. ✓ You feel looked after. 	<ul style="list-style-type: none"> ✗ 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. ✗ 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 ✗ The person might not take no for answer when you say you don't want to do something.

6. 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 hurt them



Remember, 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.

7. 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 right.

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.
- Changing looks to look much older.
- Being abusive to someone else.



Remember: you can feel all these things too. Listen to how you feel, and know that these signs can mean you are being abused.

8. 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 them to stop, but never hurt 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 important you **tell someone** even if you are worried even if you haven't seen any abuse.



9. 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, Nan, Grandad, Aunt, Uncle 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: Mrs Richardson, Mrs Roberts, Mrs Gray, Mrs Simpson, Mrs Woodward, your class teacher, a teaching assistant, a midday supervisor.

10. 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 and PSHE lessons, which talk about peer-on-peer abuse.
- ✓ **Talking to someone** when we are worried.



Remember, abuse is never OK and it is serious. It is not funny, or part of growing up. If you abuse someone, there are consequences for this.