



# Archbishop Cranmer C of E Academy

*'Striving for life in all its fullness' John 10:10*

## Child-Friendly Child-on-Child Abuse Standard

### Feeling safe and happy at Archbishop Cranmer C of E Primary Academy

At Archbishop Cranmer, 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 so that we can help.

This document looks at 'Child-on-Child Abuse' and what you can do if you feel that 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 abuse, or if someone else is being abused; and
- Making sure that you know which 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 our school, or another child you may know, they can be older or younger than you.
- **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 that it's happening. It's **really important** that you know when you're 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 that you can know what to do if you see them.

- **Bullying:** Bullying can be different things, and isn't just hitting or kicking another person. We remember **STOP** when talking about bullying : **Bullying is Several Times On Purpose**. Different types of bullying include:



- **Emotional bullying:** hurting someone's feelings, leaving them out or bossing them about;
- **Physical bullying:** punching, kicking, spitting, hitting or pushing someone;
- **Verbal bullying:** teasing someone, calling them names or using rude hand signs. People can also use verbal bullying to be **racist** or **homophobic**;
- **Racist bullying:** is bullying someone because of their skin colour, race or what they believe in;
- **Homophobic bullying:** is bullying someone because of their gender or sexuality;
- **Sexist bullying:** is bullying someone because of their sex (whether they are a boy or a girl);
- **Cyber bullying:** involves bullying people over the internet or by text message;
- Bullying can also be done through **another person**, by one person sending another person to say nasty things.

- **Sexting:** 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 to send 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.



- **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, messing with your clothes, or **showing pictures** or **drawings** which are of a sexual nature;
  - Being sexual **online**, like **sharing sexual pictures** and **videos**, or posting sexual comments on social media;
  - Sending **sexual threats** or pushing you to do something sexually that you don't want to or aren't ready for.
- **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, or they might say that they will hurt you if you do something too;

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** or aren't ready for, like using drugs and alcohol or having sex;

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



### 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 that 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 attending school;
- Having injuries, like bruises;
- Feeling sad or down;
- Feeling like they can't cope;
- Feeling withdrawn or shy;
- Getting headaches and stomach aches;
- Feeling nervous or panicked;
- Not being able to sleep, sleeping too much or getting nightmares;
- Using alcohol or drugs;
- Changing their looks to look much older;
- Being abusive to someone else.

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

### 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 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 get angry or hit them.
- **Tell a grown-up**, such as a teacher, as soon as you've seen someone is being abused.
- Grown-ups can **stop the abuse** and help to 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 that they are being abused by **someone you don't know**, or someone they have **told** you about. It's really important that you **tell someone** even if you're worried but haven't **seen** any 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, friend or a teacher;
- You can also **tell the person abusing you** to leave you alone. If this makes 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 that you **tell someone** as soon as you're 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.

At Archbishop Cranmer **Mrs Stevens, Mrs Hodgson** and **Mrs Rogers** are our Designated Safeguarding Leads, who you can talk to about abuse.

### How can I help to stop abuse from happening?

We can all help to 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, HeartSmart lessons and circle time, which talk about being kind to others and topics such as child-on-child abuse;
- **Talking to a grown-up in school** when we are worried.



**Abuse is never okay and it is serious. It is not funny, or a part of growing up.  
If you abuse someone, there will be consequences to your actions.**

Let's continue to **Take Care** and **Be Proud** and make Archbishop Cranmer C of E Primary Academy a happy and safe place where we can all **'Strive for life in all its fullness'** (John 10:10).

**Bad relationships** can be a sign of child-on-child abuse. Remember, relationships should be good and happy. In bad relationships:

- The person might push or hit you or destroy your things
- They 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 get angry easily and you don't know what will make them angry – you might feel nervous
- They might pressure you to do things you don't want to do
- They might not take no for an answer when you say you don't want to do something.



## Child-on-Child Abuse

Child-on-child abuse is where someone who might be your friend, a child at school, or another child you may know physically or emotionally hurts another child by using behaviour that is meant to scare, hurt or upset that person.

### What do I do?

If you think that you, or someone you know is being abused, tell someone you trust – this could be a family member, friend or teacher. Grown-ups can stop the abuse and help to make you, or the person being abused, to feel happy again.

If you're worried, remember that you can speak to Mrs Stevens, Mrs Rogers or Mrs Hodgson or telephone Childline on: 0800 1111

#### Look out for your friends:

- Not attending school
- Having injuries, like bruises
- Feeling sad or down
- Feeling like they can't cope
- Feeling withdrawn or shy
- Getting headaches and stomach aches
- Feeling nervous or panicked
- Not being able to sleep, sleeping too much or getting nightmares
- Using alcohol or drugs
- Changing their looks to look much older
- Being abusive to someone else.

#### How to help stop abuse from happening:

- 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, HeartSmart lessons and circle time, which talk about topics such as child-on-child abuse
- Talking to a grown-up in school when we are worried.

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If you abuse someone, there will be consequences to your actions.

**Sexting** is a type of child-on-child abuse:

- Sending inappropriate pictures, videos or messages – sometimes be called 'nude pics', 'rude pics' or 'nude selfies', but can also be rude messages.
- Pressuring someone to send 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.

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- Sexual comments;
- Calling someone sexual names;
- Sexual jokes;
- Being physical, like touching or showing pictures or drawings of a sexual nature;
- Sharing sexual pictures and videos, or posting sexual comments;
- Sending sexual threats.

**Bullying** is a type of child-on-child abuse. It includes:

- Emotional bullying
- Physical bullying
- Verbal bullying
- Racist bullying
- Homophobic bullying
- Sexist bullying
- Cyber bullying
- Bullying through another person.