

Student Friendly Child on Child Abuse Policy

Feeling Safe and Happy at Kingsmead

At **Kingsmead**, we want you to feel looked after, safe, and happy at school and beyond. Sometimes we don't know if something bad is happening, so it's important that you tell us if you are worried. This policy is about **peer-on-peer abuse** and what you can do if you feel like you are being abused or if you see someone else who might be. We will help you by:

- Teaching you what peer-on-peer abuse is.
- Helping you understand what to do if you or someone else is being abused.
- Making sure you know the adults in school you can speak to if you're worried.

What is Child on Child Abuse?

Child on child abuse is when someone (a friend, classmate, or another young person) hurts or harms another person, either physically or emotionally. Abuse is often about using behaviour that is meant to scare, hurt, or upset someone.

Sometimes, it can be hard to recognise abuse because not all of it causes immediate pain or discomfort, and you might not always know it's happening. It's important that you understand what abuse looks like, so we can make sure it stops as soon as possible.

There are different types of abuse. It's important to know these so you can take action if you see them happening.

Types of Abuse

Bullying:

- **Emotional Bullying:** Hurting someone's feelings, leaving them out, or bossing them around.
- **Physical Bullying:** Hitting, kicking, pushing, spitting, or punching someone.
- **Verbal Bullying:** Teasing, name-calling, or making rude gestures. This can also be racist, homophobic, or sexist.
- **Racist Bullying:** Hurting someone because of their skin colour, race, or beliefs.
- **Homophobic Bullying:** Hurting someone because of their gender or sexuality, such as calling someone gay or lesbian in a hurtful way.
- **Sexist Bullying:** Hurting someone because of their gender (whether they are a boy or girl).

- **Cyberbullying:** Sending hurtful messages online, on social media, or through social media.
- **Disablist Bullying:** Bullying someone because of a disability.
- **Bullying Through Another Person:** Sometimes bullying can happen through someone else, like sending another person to say mean things.

Youth Produced Imagery (Sexting):

- This involves sending inappropriate pictures, videos, or messages, sometimes referred to as 'nude pics,' 'rude pics,' or 'nude selfies.'
- Pressuring someone into sending these pictures or videos is also a form of abuse.
- Even if you are not the one sending them, it's illegal to have these kinds of pictures or videos if the person involved is under 18 years old.

Sexual Harassment:

- Sometimes, people act sexually towards others, making them feel uncomfortable, scared, or upset.
- Sexual harassment can happen online, through messages, or face-to-face. It could include:
 - Making sexual comments or jokes, commenting on someone's appearance or clothes.
 - Calling someone sexual names.
 - Physical touching that makes someone feel uncomfortable.
 - Sharing inappropriate sexual images or videos.
 - Making sexual threats or pushing someone to do something sexually that they don't want to do.

Relationships:

- **Healthy Relationships:**
 - Good relationships should make you feel comfortable, supported, and You should trust each other, listen to one another, and be equal in the relationship.
 - You feel safe and able to express yourself honestly without fear of being judged.
- **Unhealthy Relationships:**

- A bad relationship might involve someone pushing or hitting you, making you do things you don't want to do, or making you feel scared or worthless.
- The other person might control what you wear or who you talk to, make you feel bad about yourself, or pressure you into things you aren't ready for, like sex or using drugs.

How Do I Know if Someone is Being Abused?

Sometimes, it can be hard to realise if you're being abused, or if someone else is. But there are signs to look out for:

- Not coming to school or missing school a lot.
- Getting hurt or having unexplained injuries, like bruises.
- Feeling sad, upset, or withdrawn.
- Feeling anxious, nervous, or unable to cope.
- Having trouble sleeping, or sleeping too much, or having nightmares.
- Using drugs or alcohol to cope.
- Changing how they look or trying to look much older than they are.
- Becoming abusive towards others.

What Do I Do If Someone Else is Being Abused?

If you see someone being abused, it's important to help that person. Don't ignore the problem because it might keep happening.

- If it is safe to do so, tell the person abusing them to But never try to get angry or hurt them yourself.
- Always speak to an adult at school about what you've seen so they can help.

What Do I Do If I Am Being Abused?

If you are being abused, the most important thing is to tell someone you trust.

- You can talk to a teacher, a friend, a family member, or any adult you feel safe with.
- If it's safe, you can also tell the person who is abusing you to leave you alone.
- But, if this would make you feel scared, or you're worried they might hurt you, it's even more important to tell someone so they can help.

You should **never**:

- Do what the person says.
- Let what the person says or does upset you.
- Get angry or hit them back.

Remember: If you're being abused, it is **not your fault**, and you are never alone. You shouldn't be scared to talk to someone about it. We can help make the abuse stop.

Who Can I Talk to?

If you're being abused or if you see someone else being abused, you should tell an adult straight away. This can be:

- The **DSL** or any member of the **Safeguarding Team**
- The **Principal**
- Your **Tutor** or **Teacher**
- A trusted adult at school

Kingsmead is here to listen and to help. We will make sure that the abuse stops, and that you feel safe, cared for, and supported. Your well-being is our priority.

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