Feeling safe and happy at Malpas Alport

At Malpas Alport, 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 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 child-on-child harm is**

**Teaching you what to do if you feel like you or someone else is being harmed**

**Making sure you know the adults you can speak to if you are worried**

 **Malpas Alport**

**Child-on-Child Harm**

**What information is included in this policy:**

Information about feeling safe and happy at school

**1. What is child-on-child harm?**

**2. Bullying**

**4. Sexual harassment**

 **5. Relationships**

**6. How do I know if someone is being harmed?**

**7. What should I do if I am being harmed?**

**8. What should I do if someone else is being harmed?**

**9. Who can I talk to?**

**10. How can I help stop harm from happening?**

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| What is child-on-child bullying and abuse?**Abuse or harm 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.**Cartoon Angry Boy Angry Clipart Boy - Cartoon Angry - Png Download  (#4928064) - PinClipart |

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| BullyingBullying is unacceptable and 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. Some 'banter' is bullying. 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 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.** |

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| **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 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.** |

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| **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 comment, 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, showing pictures or drawings of a sexual nature**
* **Being sexual online, like sharing sexual pictures or videos, 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**
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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 un safe. It’s really important that you know the difference between a good relationship and a bad relationship.** **Good relationships*** **You are conformable with that person around.**
* **You can be honest with that person.**
* **You can be yourself- your true self.**
* **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 feel equal and 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 feel nervous.**
* **The person might pressure you to do something you don’t want to or aren’t ready for.**
* **The person might not take NO for an answer when you say you don’t want to do something.**

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| How do I know if someone is being harmed?**It might be hard to know if you are being harmed or abused and you might not really understand it is happening. It is important that you can recognise when behaviour isn’t appropriate.****It is also important that you notice when someone else might be being harmed.****Some signs might be:*** **Not going to school**
* **Having injuries**
* **Feeling sad and down**
* **Feeling like they can’t cope**
* **Feeling shy or withdrawn**
* **Getting headaches or stomach aches**
* **Feeling nervous**
* **Not being able to sleep or getting nightmares.**
* **Feeling panicked**
* **Using alcohol or drugs**
* **Changing looks to look much older**
* **Being abusive to someone else.**
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| **If you see someone else being harmed, it is important that you help that person. You should never walk away and ignore the problem or ignore it.****If you can and it is safe to do so, tell the person to stop, but never hit them or get angry. Tell a trusted adult as soon as you see it or feel it. Adults can stop the abuse and help the child or you to feel happy and safe again.****You should never feel scared to tell someone about harm. Sometimes you might not see someone being abused but you might be worried about them. Or you might think they are being harmed by someone you don’t know or someone they have told you about.****It is always so important that you share your worries and concerns. Adults in school are trained to help you and know how to help.** |

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| What to do if I’m being harmed?**The first thing you should do is tell someone you trust. This could be a family member, a friend or an adult in our school. You can tell the person harming you to leave you alone. If telling them to leave you alone would make you feel scared that they may hurt you, you need to tell a trusted adult straight away.****Try not to:*** **Do what the person says**
* **Get angry or be violent**
* **It is never your fault- even if you have done things you think you shouldn’t have- this is not your fault and you will not be judged for this.**

**If you talk to a grown-up, we can make the harm STOP.** |

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| Who can I talk to?**It is important to talk to a trusted adult as soon as you can.****Speak to someone you trust at home- your mum, dad, grandparent, carer or at school- your teacher, Mrs Wetton or Mrs Mapp, Mrs Westwood, Mrs Taylor, Mrs Hughes, Mrs Reynolds…** |



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| How can I help stop harm from happening?**We can help to stop harm at our school by:*** **Make sure you know how to behave towards other people.**
* **Help others when they are in need**
* **Be kind, friendly and respectful- if someone isn’t behaving in this way- challenge them and tell an adult.**
* **Think about other’s feeling before you say something- think about the impact of unkind comments and stop making them.**
* **Take part in school activities- assemblies, online safety, P4C, PSHE, hyhappymind,**
* **Always talk to an adult when you are worried.**
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| You should know that abuse and harm is never ok and it is always important. It is not funny, not banter and not part of growing up. Always Speak out. |

