

Loudwater Combined School

Child on Child Abuse Information

This information is intended to help you if you are ever in an uncomfortable situation or if you know of someone else who could be. This information will help you to recognise what is happening, importantly that it is not your fault and that there are a range of adults at home and school who will be able to help you.

Abuse

What does this mean?

Someone you know could abuse you; it could be someone you were once friends with or someone your own age.

Abuse is something that **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. That means it's important you know when you are being abused, so we can make sure it stops.

There are many 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.

The four main areas of Child Protection concerns are:

- ✚ **Physical Abuse** – hitting, smacking, shaking, throwing, burning, biting etc.
- ✚ **Sexual Abuse** – be aware this doesn't always mean touching a child. It could be someone making you watch things to do with sex or encouraging you to act in an inappropriate way.
- ✚ **Neglect** – this means things like not providing meals or warmth or clothing. Or perhaps not taking you to the doctors when you need to go. There may be lots of different reasons why a child is neglected, and it is really important that we know so we can help.
- ✚ **Emotional Abuse** – This means when someone upsets you or makes you feel bad. If someone in your family says horrible things to you and makes you feel sad and worthless.

These are just a few examples for you and if you think you may have a problem that is like one of these, then talk to a trusted adult to check.

What is a good relationship?

Any relationship you have should be good and happy. A bad relationship might make someone feel scared, confused, worried and even unsafe. It is 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 do not 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 and spend time with.
- ✚ You might feel scared – they might say they will hurt you if you do not 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 do not know what will make them angry – it might make you feel nervous.
- ✚ The person might pressure you to do things you do not want to or are not ready for, like sex, or using drugs and alcohol.
- ✚ The person might not take no for an answer when you say you do not want to do something.
- ✚ The person may manipulate you into doing things you do not want to do.

Bullying

Bullying can be different things, and is not 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.
- ✚ **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.

What is Sexting?

This is sending **inappropriate pictures, videos or 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 kinds of pictures or videos of a person if they are under 18 years old.

What is Sexual Harassment?

Sometimes, people can do things 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 rude comments, like telling stories, saying rude things or saying offensive 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 that are of a personal nature.
- ✚ Being sexual online, like sharing pictures and videos, or posting inappropriate comments on social media.
- ✚ It might also be threats or pushing you to do something that you do not want to or are not ready for.

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 is not appropriate. It is also important that you can notice when someone else might be being abused.

Some signs might be:

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

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

What can 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. If you do this, the person might keep upsetting them. Tell an adult, such as a teacher, as soon as you have seen someone being abused. Adults can stop the abuse and make that person feel happy again.

You should never feel scared to tell someone about someone being hurt or made to feel upset. 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 is important you tell someone even if you are worried, but have not 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, a friend or any adult at school. If you feel scared or worried that someone might hurt you, make sure you tell a trusted person 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 should not 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 someone like your mum, dad, carer or an adult in school will mean that we can make sure the abuse stops and doesn't happen again.

How can I 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.

You should know that abuse is never OK and it is serious. It is not funny and will not be tolerated!

If you have any questions or would like to talk to someone about this, you can ask any adult at school who you are comfortable with. You can also speak to your adult at home.