

St. Bernadette's Catholic Primary School



EYFS and KS1

Keeping Myself Safe in and Around School

Our Child Friendly Child-on-Child Abuse Policy

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Feeling safe and happy at school

At St. Bernadette's, 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 horrible is happening, so you need to tell us.



This booklet is filled with information which looks at times in your lives when you might not feel looked after, safe or happy because of the behaviour of a child or some children who are close to you in age, younger than you or older than you.

Any child can make a mistake and make another child feel unhappy. But some mistakes are bigger than others.

This booklet will help you to understand some ways in which another child can make you feel not looked after, safe or happy and what you can do about it!

We can help you by:

- Teaching you what to do if you feel a child is being really horrible to you or someone else.
- Making sure you know who the responsible adults are that you can speak to if you are worried.
- Helping you to understand what behaviours are really horrible and frightening.



1

What is horrible behaviour from a child? What can you do about it?

A **child** can be someone you might know or someone you don't know.

Horrible behaviour can be something which hurts your body or your feelings. It is done by another child close to your age. Sometimes children can do some horrible behaviour which is meant to **scare**, **hurt** or **upset** you. This can happen anywhere! It can happen in and outside of school.

If it happens to you or somebody else it is important to let a responsible adult know.

Sometimes it can be **tricky to spot** especially if it is happening from someone who you think is your friend or someone that you would like to be friends with.

2

Bullying

Bullying is a type of horrible behaviour when someone tries to hurt another person on purpose. This is not a one-off! It keeps happening again and again and again!

Bullying is not always done by one person and can sometimes involve a little group of people.

If you ever see someone being bullied, **never** join in and **always** tell a teacher or a responsible adult.

3

Pictures on phones or computers.

Nobody should take a picture of you that makes you sad or unhappy? If a child takes a photo of you that makes you feel sad or unhappy tell a responsible adult how you feel.



4

Behaving in a rude way

Sometimes, people can **behave rudely towards others**, and it might make them feel uncomfortable. This could be:

- Showing a picture of a body part that most people would say is a private body part.
- Deliberately, touching a part of your body that most people would consider a private part of your body and making you feel uncomfortable.
- Making someone do something that most people would consider rude when they don't want to.

If someone has behaved rudely towards you, it is important that you tell a responsible adult. They will listen to what happened and help you with any worries that you have.

5

Friendships

Some friendships make you feel happy and good inside. Some friendships can make you feel sad, worried, unhappy or even angry.

It is really important that you know the **difference** between a good friendship and one that is not good.

Good friendships

You are **happy** around that person.

- You **listen** to each other.
- You treat each other **nicely**.
- You feel **safe**.
- You **trust** that person.
- You do **helpful things for each other**.
- You are never bossed around or do anything that makes you feel uncomfortable.
- You feel **looked after**.



Bad friendships

- The person might **push** you, **hit** you or damage or **break** your belongings.
- The person might be very bossy with you and **tell you what to do**.
- You might feel **scared** – they might say they will hurt you if you don't do something.
- They might **make threats** or do harmful things if you do something they did not want you to do. They might threaten you if they think that you will tell a responsible adult.
- The person **calls you names** when they feel angry or for no reason at all. This, makes you feel bad in front of other friends 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 **try to force** you to do things **you don't want to do**.
- The person **might not take no for answer** when you say you don't want to do something.



6

What to do if horrible things are happening to you or a friend.

Tell a responsible adult! Remember you are too young to help yourself or your peer. A responsible adult will make the horrible things stop!

The list below shows the **people** at our **school** that you can speak to:

- Your class teacher
- Your phase leader- Miss Kincaid
- School Counsellor – Nicki or Vicki
- Miss Dempsey or Mrs Fallon
- **Any responsible adult**
- NSPCC Childline 0800 1111 (free number from any phone)



Working together to make St. Bernadette's a happy place!

