

# St. Cuthbert's Catholic Primary School



## Years 3 and 4

Feeling safe and happy at school.

Date reviewed: September 2023  
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[A Child Friendly Policy](#)

## Feeling safe and happy at school

At St Cuthbert's, we want you to feel looked after, safe and happy. Sometimes we don't know if something bad is happening, so you need to tell us.

It is good to tell someone in school so we can do something about it straight away.

This booklet talks about some of the things that might make people feel sad or unsafe.

We come to school to learn how to live, work and play together. Sometimes we can make mistakes and our actions can make another child feel unhappy or unsafe. When this happens over and over again it is called *peer-on-peer abuse*.

We can help you by:

- Teaching you what peer-on-peer abuse is.
- Teaching you what to do if you feel like you are being abused, or if someone else is being abused.
- Making sure you know the grown-ups you can speak to if you are worried.



## What is peer-on peer abuse?

A **peer** is someone who might be your friend, a child at school with you, or another child you may know.



**Abuse** is when someone **hurts** someone else on **purpose**. A peer might hurt someone **physically** by kicking or hitting them. Sometimes they might hurt them **emotionally** by calling them names, leaving them out, threatening or making someone feel very embarrassed.

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.

Also, it might not be happening on **purpose** such as bumping into each other in a line, or when someone says something as a joke but it still upsets us. You know they didn't mean it if they say **sorry** and stop doing it.



It's really **important** you know when you are being abused so we can make sure it stops.

Here is some more information about different kinds of abuse.

# 1

## Bullying

*Bullying is when you keep picking on someone because you think you're cooler, smarter, stronger or better than them.*

Bullying 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. 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.



## 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 **happy** and **comfortable** around that person. They make you smile and feel good about yourself.
- You can be **honest** with that person and tell them the **truth**. They won't make fun of you for being yourself.
- 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. 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 don't know what will make them angry – it might make you feel **nervous**.
- The person **might not take no for answer** when you say you don't want to do something.



# 3

## Privates are Private

Sometimes, people can make us feel uncomfortable or embarrassed by saying rude things or playing rude games.

It could be:

- Someone making **rude comments**, like telling stories or saying **rude things**.

Calling someone **rude names** or making **rude jokes**.

Being physical, like **touching** which makes you feel uncomfortable, **messing with your clothes**, or **showing pictures or drawings** which are rude.

If you feel like this then

**SPEAK UP,  
SOMEONE CAN  
HELP!**



# 4

## 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 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 going to school.
- Having injuries, like bruises.
- Feeling sad and down.
- Feeling withdrawn or shy.
- Getting headaches or stomach ache.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Changing looks to look much older.
- Being abusive to someone else.



**Remember:** you can feel all of these things too without being abused.

Listen to how you feel, and know that these signs **can** mean you are being abused.





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 a teacher.

You can also **tell the person abusing you** to leave you alone. If telling them to leave you alone would **make you feel too scared or worried that they might hurt you**, make sure you **tell someone** so they can help.



say "no"



get away



tell someone

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**.



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 way** and ignore the problem if you see someone else being abused, because the person might keep upsetting them.

If you can, and it is **safe** to do so, tell the person abusing you to **stop**, but never get angry or hit them.

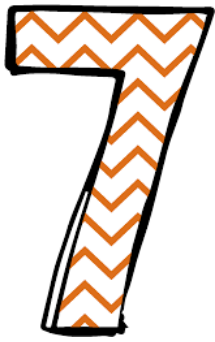
**Tell a grown-up**, such as a teacher, as soon as you've seen someone being abused.

Grown-ups can **stop the abuse** and 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.

It's really important you **tell someone** even if you are worried, but haven't **seen** any abuse.



## 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 teacher will mean that we can make sure the **abuse stops** and doesn't happen again.



You can speak to the adults at school if you need someone to talk to. All adults are here to help you and you can talk at any time.



NSPCC Childline: 0800 1111

# 8

How can I help 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.
- Taking part in **school activities**, like assemblies, PSHE lessons and circle time, which talk about peer-on-peer abuse.
- **Talking to someone** when we are worried.



You should know that abuse is never OK and it is serious. It is not funny, or part of growing up. If you abuse someone, you will get into trouble.



Let's keep St Cuthbert's a happy place!