



At St Alban'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 bad is happening, so you need to tell us. 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 adults you can speak to if you are worried.

1

What is peer-on-peer bullying and abuse?

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

Abuse 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.

2

What is bullying?

Bullying can include a range of different things, not just when someone has been hitting or kicking you. Bullying is classes as repeated behaviour which is intended to hurt someone either emotionally or physically. It can include:

- Emotional bullying
- Physical bullying
- Verbal bullying
- Racial bullying
- Homophobic bullying
- Sexist bullying
- Cyber/Online bullying



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What is sexual harassment?

Sometimes, people or children can act sexually towards another person, and it makes that person feel uncomfortable. They don't want them to act that way towards them. It can happen online and it can happen in person. When it does happen, it can make people feel scared, embarrassed or upset. It can include:

- Someone making sexual comments to you or about you
- Calling someone by sexual names
- Sexual jokes
- Physical touching or touching your clothes
- Sharing sexual pictures or videos online
- Sexual threats where you are being forced to do something you don't want to do

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What is a bad relationship?

- 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
- The person calls you names, makes you feel bad and makes you feel bad about yourself.
- The person might not take no for answer when you say you don't want to do something

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How do I know if someone is experiencing peer on peer abuse or bullying?

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 so that is why we learn about different relationships and keeping safe during lesson times. It is also important to know if someone else might be experiencing these things. Some of the signs may be:

- 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 ache.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Taking part in things they shouldn't be.
- Changing looks to look much older.
- Being abusive to someone else

Remember: Sometimes you can feel these things because of your hormones, or things that are changing in your life, but you can feel all of these things too if you experience peer on peer abuse or bullying. Listen to how you feel, and know that these signs can mean you are being abused.

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What do I do if I see, or know about, someone being abused or bullied, or if I am experiencing it?

- 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, because the person might keep upsetting or hurting them.
- If you can, and it is safe to do so, be firm and tell the person abusing to stop, but never get angry or hit them.
- If you don't feel comfortable telling them to stop, go straight to an adult and inform them (this could be a teacher/ta/office staff/lunchtime supervisor/sports coach) so that the adult can stop it from happening. You should never feel scared to tell someone.
- Tell someone you trust – it may be someone at home if you are experiencing peer on peer abuse or bullying online as you should tell someone straight away.

