

When behaviour is inappropriate - some signs might be:

- not going to school
- feeling sad, withdrawn or nervous
- not able to sleep or sleeping too much
- being abusive to someone else

Remember: you can feel all of these things and others which could mean you are being abused

What should I do if I am being abused?

- tell someone you trust
- tell the person to **stop**

You should **never:**

- ignore the abuse without reporting it
- respond to abuse with violence
- continue to allow people to abuse you
- allow the abuse to change who you are

Always remember that if you are being abused, it is **not your fault** and you **are never alone**

What should I do if someone else is being abused?

If you think that someone is being abused, it is important that you **help** that person

- you should **never walk away** and ignore the problem
- if you can and it is **safe** to do so, tell the person to **stop** but never get angry or hit them
- you should **never feel scared** to tell someone about abuse.

We can all stop abuse in our school by:

- making sure we **understand** how we should **treat** 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 can speak to your Mentor, Keyworker or staff member of your choice

Abuse is never OK - it is serious It is not funny or part of growing up. Our school will not tolerate abuse

Bowden House School

Child-on-child abuse



At Bowden House School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

What is child-on-child abuse?

You will spend time with someone who might be your friend, a student at school or someone else you may know

Abuse is something which usually physically or emotionally **hurts** another person by using behaviour that is meant to **scare, hurt or upset**

Sometimes we don't know if something bad is happening, so you need to tell us
We can help you by:

- teaching you what child-on-child 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 who you can speak to if you are worried.

Sexting

Sexting is sending **sexually explicit pictures, videos or messages** via social media, text, gaming platforms and streaming sites - they can sometimes be called 'nudes', 'nude pies', or 'dick pies' but can also be sexually explicit messages

Pressurising or forcing someone into sending these pictures, videos and messages is **abuse**

It is important to know that sharing nude images or videos of or with people under the age of 18 is **illegal** even if **consent** is given

Sharing sexually explicit images and videos to someone is illegal and is never a good idea, not only because it is illegal but because that person may use this against you in the future - this is known as 'revenge porn' and can have serious consequences

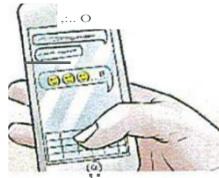
Incidents of sexting can be divided into two categories:

Aggravated incidents are taken extremely seriously in our school. They occur when there is an abusive element involved in sending and possessing sexually explicit images, for example where:

- **An adult is involved** - anyone over the age of 18 sending and receiving sexually explicit images and videos or attempting to develop a relationship via online platforms with someone under the age of 18 will be committing a criminal sex offence.
- **There has been an intent to harm** - the sharing of sexually explicit images and videos becomes abusive if they are shared
- **Reckless misuse** - if there has been no intent to harm another but the images have been taken, sent or shared without consent, this will be seen as abusive behaviour

Experimental incidents, while still illegal, are not seen as abusive as there is no intent to harm anyone and consent has been given by all parties. These incidents will still be taken seriously in our school

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



Sexual harassment

Sexual harassment is a form of abuse which involves **unwanted sexual behaviour** which makes the victim feel uncomfortable, intimidated, degraded or violated. This can happen **on-line** or **face-to-face** and is never acceptable at any age

Relationships

Any relationship you have should be **positive** and make you feel **safe, happy** and **comfortable**

A negative relationship might make you feel **scared, confused, worried** and even **unsafe**

How do I know if someone is being abused?

It might be hard for you to know if you are being abused so it is important that you **recognise** when behaviour is inappropriate.

