




## Safeguarding Policy – Child friendly

At Haydon School, all the adults think that your health, safety and welfare are important. In our school we respect all students and want to keep you safe, protect you from harm and look after your rights.

How we will try to protect you:

-  To provide a safe environment for you to learn in.
-  To ensure that you remain safe at home as well as in school.
-  Letting you know where to get help if you are worried or unhappy about something.

### **ABUSE**

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

There are lots of different types of abuse. Here are some ways different types of abuse can look so you know what to do if you see them.

**Physical Abuse** – when someone hurts or harms a young person on purpose. For example hitting, smacking, shaking, throwing, burning, and biting.

**Sexual Abuse** – when a young person is sexually abused, they are forced or tricked into sexual activities. They might not understand that what is happening is abuse or that it is wrong. Be aware this does not always mean actually touching a young person. It could be someone making you watch things to do with sex or encouraging you to act in an inappropriate way.

**Neglect** – this means a young person might be left hungry or dirty, or without proper clothing, shelter, supervision or health care.

**Emotional Abuse** – when someone upsets you or makes you feel bad. It can involve deliberately trying to scare, humiliate, isolate or ignore a person leaving them feeling sad or worthless.

**FOR FURTHER INFORMATION YOU CAN ALSO ACCESS THE MAIN SAFEGUARDING POLICY ON THE HAYDON SCHOOL WEBSITE.**

### **PEER ON PEER ABUSE**

Peer on peer abuse is that which happens between young people of a similar age or stage of development. This can happen in a few ways:

#### **Bullying**

Bullying can be different things.

**Emotional** - hurting someone's feelings, leaving them out or ordering them around.

**Physical** - punching, kicking, spitting, hitting or pushing someone.

**Verbal** – teasing someone, calling them names.

**Racist** - bullying someone because of their skin colour, race or what they believe in.

**Homophobic** - bullying someone because of their gender or sexuality.

**Sexist** - bullying someone because of their sex.

**Cyber bullying** - involves sending unkind/offensive messages over social media or by text message.

#### **Sending messages with a sexual content**

This is sending inappropriate pictures, videos or messages – sometimes called 'Nudes' or 'Semi Nudes'. 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 kind of pictures or videos of a person if they are under 18 years old.

### **Sexual Harassment**

Sometimes, people can act sexually 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 unwanted sexual comments
- Calling someone sexual or sexist names.
- Sexual jokes or teasing.
- Being physical, like touching which makes you feel uncomfortable.
- Being sexual online, like sharing sexual pictures and videos, or posting sexual comments on social media.
- It might also be sexual threats or pushing you to do something sexually that you don't want to or are not ready for.

### **MENTAL HEALTH**

Everybody has mental health. Sometimes we have good mental health and sometimes our mental health can be poor. In the same way that we look after our physical health it is also important to look after your mental well-being.

Stress, pressure of school, friendships and home life can all impact on your mental health.

Haydon has a team of six counsellors to help support you with your mental health. You are not alone, so please speak to your form tutor, Head of Year, or a member of the Safeguarding team if you want to be referred to this service.

### **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 is not appropriate.

It is also vital 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 like they cannot 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.
- Using alcohol or drugs.
- Changing looks to look much older.
- Being abusive to someone else.

### **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 away and ignore the problem if you see or think someone is being abused.

Tell an adult, such as a teacher, Year Leader, Deputy Year Leader or a member of the Safeguarding Team as soon as possible.

### **What to 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 member of the school staff.

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

### **What can I expect to happen?**

When you speak to a trusted adult, sometimes they will need to check things with a member of the Safeguarding Team and then if they can deal with the issue themselves, in school, they will. Please try and understand that all staff and the Safeguarding team will only want to help you, make you feel supported and better about the situation.

There are times though when they may need to contact some other agencies for support. These may be Children's Social Care (Social Workers) or Police. This is because schools cannot do everything on their own and need to work with other professionals who are best placed to help with arranging other things.

It might sound and feel scary but, Social Workers and Police are specialist trained professionals who are great at helping young people.

There are lots of other agencies who support young people and their families as well and it is not always that people need to have a Social Worker involved with their family. Other people who can help may be Youth Workers, Mentors or Family Support Workers.

If you have any worries about the next steps ask a member of the Safeguarding Team and they will be able to answer any questions that you may have.

### **Who can I talk to?**

There is a dedicated Safeguarding Team in school as well as any trusted adult:



### Other useful places

Child Line are also there to listen to your worries too. You can call them on:



<https://www.childline.org.uk/kids>

The NSPCC can be contacted online or by the phone:



<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/>

A safe place for survivors of sexual abuse or harrassment to share their stories completely anonymously



<https://www.everyonesinvited.uk/>

If you need support online you can report this to CEOP



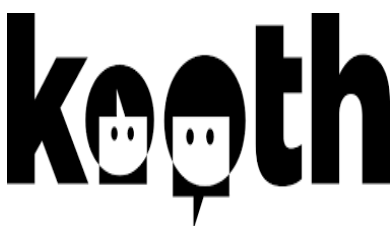
<https://www.ceop.police.uk/Safety-Centre/>

You can also use Young Minds Crisis Messenger and text 'YM' to 85258



<https://www.youngminds.org.uk>

Online Mental Health Support community. Access safe and anonymous support



<https://www.kooth.com>