



If someone hurts you it can be called abuse.

Abuse is when someone does something to you that is harmful, unpleasant, or painful like:

If someone deliberately hits you, hurts you, injures you or humiliates you.

If someone says or does something that makes you feel bad about yourself or hurts your feelings which makes you feel sad, upset, or frightened.

If someone shouts, threatens, hits, or hurts someone you love whilst you are around which makes you scared, unhappy, or worried.

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lonely, or neglected. You might not be able to eat or wash when you need to, or you might not be able to get to school every day.

If someone touches you in a place that is private.

If someone makes you look at things which you are uncomfortable with, makes you embarrassed, ashamed, or guilty. They may ask you to keep it a secret or give you presents so that you keep quiet.

If someone contacts, you online and asks you to do things which make you feel uncomfortable or does not agree with your views.

If someone asks you to do something you know is wrong.



If you feel you need to talk to someone outside of school, you can ring Childline.