

## **Appendix 1**

What is abuse?

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

- If someone deliberately hits you, hurts you, injures you humiliates you in different ways
- If someone says or does something that makes you feel bad about yourself or or hurts your feelings which makes you scared, 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
- If someone does not take proper care of you so you feel abandoned, lonely or neglected. You might not be able to eat or wash regularly, or you might not be able to come to school every day or on time.
- If someone touches you, in way which you do not like such as touching your private parts.
- If someone makes you look at uncomfortable things, which make you, feel ashamed. Embarrassed, uncomfortable or guilty. They make ask you to keep it a secret or give you a gift.

**Abuse is NEVER ok and if you are being or have been abused you must remember – it is NOT your fault. You must always tell someone and they will help to stop it.**