



Staying Safe @ Heber

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Focus: Sexual Abuse and Harassment

What is sexual abuse?

Sexual abuse is forcing a child or young person to take part in sexual activities. Sexual abuse does not necessarily involve violence.

Did you know:

- Sharing nude images of someone without their knowledge is a form of abuse?
- Sexual abuse can take place online, and technology can be used to facilitate offline abuse?
- Causing someone to engage in sexual activity without consent is sexual abuse?

What is sexual harassment?

Sexual harassment is unwanted conduct of a sexual nature that can occur online and offline. This could include, for example:

- Sexual comments, such as: telling sexual stories, making lewd comments, making sexual remarks about clothes and appearance and calling someone sexualised names;
- Sexual “jokes” or taunting
- Physical behaviour, such as: deliberately brushing against someone, interfering with someone’s clothes
- Sharing of unwanted explicit content online
- Upskirting
- Sexualised online bullying
- Unwanted online sexual comments and messages, including, on social media;

What is consent?

Consent is about having the freedom and capacity to choose



The age of consent is 16

Sexual harassment leaves victims feeling intimidated or humiliated and will not be tolerated in our school.

PLEASE SPEAK TO YOUR TUTOR, YEAR LEADER OR MS MORT/MS VAUGHAN IF YOU ARE A VICTIM OR KNOW SOMEONE WHO IS A VICTIM

If you are a victim of sexual abuse or assault:

- Speak to someone at school - we strongly encourage this. This could be your Form Tutor, Year Leader or any trusted adult. They will inform Ms Mort, DHT and Designated Safeguarding Lead (DSL)
- Alternatively, you can speak directly to or email Ms Mort umort@heber.org.uk or Ms Vaughan svaughan@heber.org.uk
- Speak to your parents/carers. If you are worried about this conversation, Ms Mort and Ms Vaughan can support you with this
- The NSPCC have launched a new helpline to report abuse in education — 0800 136 663 or you can email help@nspcc.org.uk
- You could also contact:
 - Women’s Aid – online chat via their website
 - The Survivors Trust - phone: 0808 801 0818
 - Survivors UK (for male victims) - chat online or via SMS text 0203 322 1860
 - Phone the Rape Crisis national helpline, open every day of the year 12 p.m. – 2.30 p.m. and 7 p.m. – 9.30 p.m. phone: 0808 802 9999
 - Cheshire West & Cheshire East Rape and Sexual Abuse Support Centre (RASASC) - phone: 01260 697 900
 - Victims of Female Genital Mutilation (FGM) can phone a 24 hour helpline 0800 028 3550

WE WILL ALWAYS LISTEN TO YOU AND SUPPORT YOU