

Keeping Safe and Happy

Safeguarding

Are you worried?

Keeping safe in school: who can I tell?

Friends

Peer Supporters

Junior Leadership Team

Wellbeing Team

Teachers

LSP's

Dinner supervisors

Any adult in school



Bullying

Bullying

Bullying is when children are unkind and mean to each other.

Example,

Name calling, leaving you out. Not just once but several times on purpose.

S= SEVERAL

T= TIMES

O= ON

P= PURPOSE



DON'T BULLY...

BE A FRIEND.

NEGLECT

Neglect

Neglect is when a parent or carer does not look after a child properly.

They might not give them enough food or the right kind of clothing.

It can also be when a child is left alone.





**Say No to
Neglect**

Physical Abuse

Physical Abuse

Physical abuse is when an adult hurts a child.

They might

Hit, slap or smack

Kick

Punch

Bite

**Say No to
physical
abuse**



Emotional Abuse

Emotional Abuse

Emotional Abuse is when an adult:

hurts a child's feelings

call them names

makes fun of them

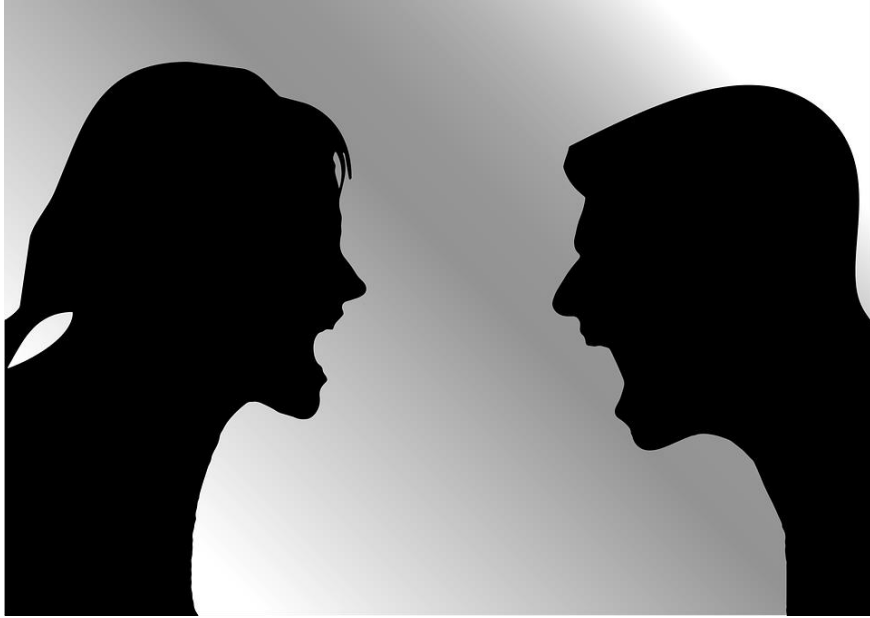
makes a child feel bad about themselves

This hurts children on the inside.

Emotional Abuse

Seeing or hearing parents or other adults hurting each other can also make a child feel bad.

Say NO to Emotional Abuse



Know the Underwear Rule

The Underwear rule is a simple way to understand how you can stay safe.

PANTS

Underwear Rule

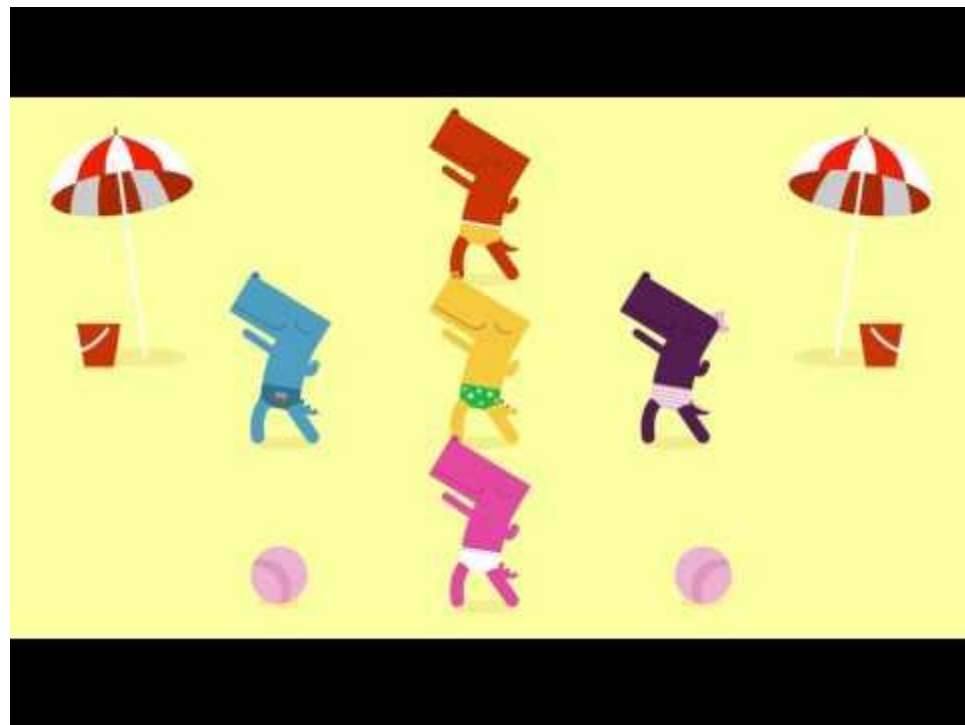
P=PRIVATES ARE PRIVATE

A= ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

N= NO MEANS NO

T= TALK ABOUT SECRETS THAT UPSET YOU

S= SPEAK UP, SOMEONE CAN HELP



What can I do?

ABUSE is never your fault

ABUSE is wrong

SPEAK OUT, it needs to STOP

Remember who you can tell in school!

Who else can help?

ChildLine

Children and young people can contact Childline 24 hours a day, seven days a week.

It's free and confidential.

Remember the number: **0800 1111**

www.childline.org.uk