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Who to talk to:**Tell someone you trust** if someone is:

- Bullying you
- Saying things that make you uncomfortable/upset
- Touching a private part of your body
- Hitting or hurting you
- Taking your things
- Sending unkind messages on the internet or your phone.

It is important to tell, even if someone is hurting someone else.

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STOP & THINK

If you feel angry, sad, upset, hurt:

Start Telling Other People

If you speak, ask yourself: Is it...

True? Helpful? Important? Necessary? Kind?

St Mary's C.E. Primary School

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Online Safety

Computers and phones help us, but can also make it easy for someone to send **unkind things**. If you are unhappy with anything you have been sent, speak to an adult.

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Relationships

Any relationship you have should be positive and make you feel happy/safe.

A negative relationship might make someone feel scared, confused, worried or unsafe. It is important you know the difference and, if it is negative, that you can tell an adult you trust.

Let's make this a happy and safe place.

Speak to our
Designated Safeguarding staff in school –
we will listen.



Mrs Brown
Headteacher
DSL



Mrs Bush
Deputy
Headteacher
DDSL



Miss Petrillo
School-based
Family Support
Worker
DDSL



Miss Holcroft
Pastoral Officer
DDSL



Safeguarding at St. Mary's.



What is this?

We want to make sure that you feel looked after, safe and happy when you are in and out of school. Sometimes we don't know if something is happening, so you need to tell us. This leaflet, which is known as a 'policy', looks at what we do to make sure you are kept safe, and what you can do when you think someone is hurting you or someone else. The school has a 'policy' for staff, families and governors. This one is for you.

What is it for?

We think it is important for you to know where to get help if you are worried or unhappy about something.



How do we work to protect you?

There are lots of different ways, but one of the main ways is making sure the staff here at school know how to keep you safe and make sure you have someone to talk to if you need to.

How can we help you?

- By teaching you what safeguarding is
- By teaching you what to do if you are worried or scared
- By making sure you know who you can speak to if you are worried

If you don't understand something or have any questions about what you read in this leaflet, please ask a trusted adult for help.



'Safeguarding' refers to all the things we do to make sure you are kept safe from harm.

1 Safeguarding means that staff will:

- Protect you from harm.
- Make sure that nothing stops you from being healthy or developing properly.
- Make sure that you are looked after.
- Make sure that you have the best life chances and can grow up happy and successful.

We will make sure that the school is a **friendly, welcoming** and **supportive** place to spend time. We want to make sure that you know who to **ask for help** and **we will plan lessons** to help you know **how to look after yourself** online and in the real world.

2 Staying Safe:

If you are worried about something, you can talk to any adult in school that you trust. We will do our best to help you feel safe and happy. We will teach you how to spot things that are not okay and what you can do next.





childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. You can talk to them:

- by calling 0800 1111
- by email
- through 1-2-1 counsellor chat
-

Whatever feels best for you.

Google 'ChildLine' to find out more.



Safeguarding in More Detail.

Your Guide.

Bullying is a type of abuse that takes place when someone tries to hurt another person on purpose for a long time. People can be bullied in different ways:

- **Emotionally** – Includes hurting someone's feelings, by leaving them out, bossing them around or taking advantage to get their own way. They might threaten you or ask you to do things for them.
- **Physically** – This can include hitting, kicking, shaking, biting, hair-pulling, touching your private areas or purposely hurting you.
- **Verbally** – This can include insulting someone because of how they look or dress, or because of their personality. People can also be racist, sexist or homophobic:
 - **Racist** – Bullying someone because of their race, colour of their skin, the country they are from or the religion they believe in.
 - **Sexist** – Bullying because of their gender – because they are a boy or a girl.
 - **Homophobic** – Bullying because of someone's sexuality, calling someone gay or lesbian to try to hurt their feelings.

Relationships

Positive Relationships

- You are comfortable with that person
- You can be honest with that person
- You can say how you feel/what you are thinking and listen to each other
- You support each other and treat each other well
- You feel safe and you trust that person
- You do helpful things for each other
- You are never pressured into doing anything
- You feel looked after



Negative Relationships

- They might push you/hit you/ break things
- They tell you what to do/wear or who you can see
- You might feel scared that they might threaten you
- They might call you names that make you feel bad
- They might get angry easily



Internet Safety.

You might get a message on the school computers and tablets telling you that you can't view a page (access denied). This is for your safety; we don't want you to see harmful content on the internet and we want you to be able to use the internet safely.

It is a very important way to keep you safe and staff will be monitoring this to make sure that you are safe when you are online.



School Building Safety.

We will make sure that you know who people are in school and we will ask visitors **to sign-in and wear a badge**. If you see someone acting suspiciously, **please tell a teacher**.



Cyberbullying Just because it is online, doesn't mean it isn't bullying.

Cyberbullying includes any kind of bullying that takes place online; cyberbullies send insulting messages over the internet and via your socials. Sometimes they may share secret information or photographs online to hurt someone's feelings.

It can sometimes be more than one person doing this and it can feel like they are 'ganging up' on you.

It is important that you don't join in with other people who are doing this and always tell a teacher or an adult you trust.

A bully could be one of your friends, someone older or younger. It could be a child or an adult, so it is important that you tell someone as soon as you can.

Remember **STOP**:

If it is **S**everal **T**imes **O**n **P**urpose - **S**tart **T**elling **O**ther **P**eople.

Then **ACT**:

Ask them to stop. **C**ollect a friend or witness.
Take them to tell an adult.