

# Keeping Safe and Happy

**Safeguarding**

**Are you worried?**

# Keeping safe in school: who can I tell?

Friends

Peer Supporters

Junior Leadership Team

Science Leaders

Digital Leaders

Teachers

Any adult in school



# **Wellbeing Team**



Mrs Quinn



Mrs Shephard



Mrs Bassi



Miss Raven



Miss Lambeth



Mr Tidmarsh



Mr Abdulla

# **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

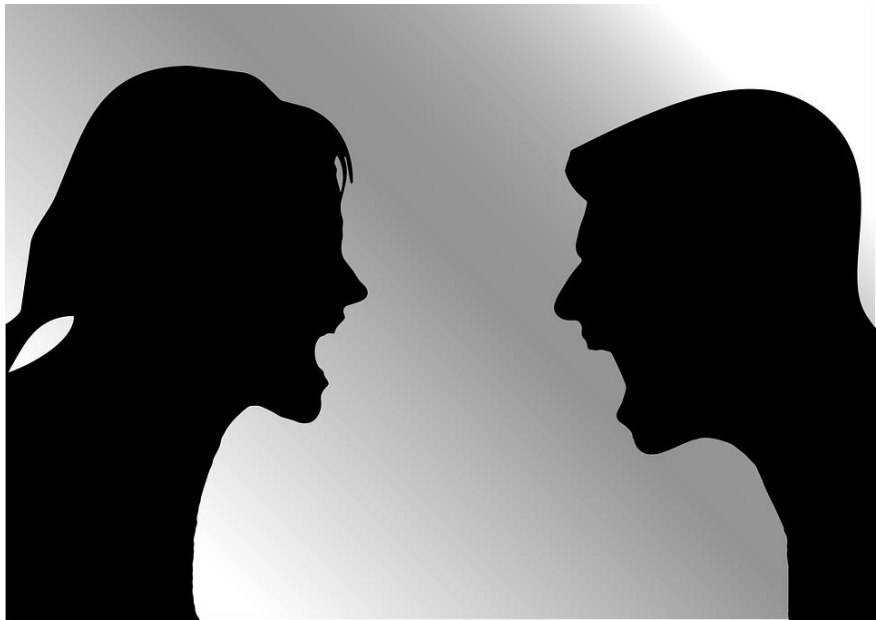
This hurts children on the inside.



# 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](http://www.childline.org.uk)