YOU ARE IMPORTANT

You have rights!

You deserve to feel safe.

At school, at home and online.

Your feelings matter.

You can talk about big or small worries.



It is OK to say NO.

Your body and personal space belong to you.



It is never your fault.

if somebody hurts, scares or upsets you.

REMEMBER

You do not have to deal with a worry on your own.

YOUR TRUSTED ADULTS

Who can help?

Talk to a teacher, teaching assistant or another adult you trust.

Extra help outside school

Childline 0800 1111

Calls are answered all year round.



If you or someone else is in immediate danger, call 999.

WHALE HILL PRIMARY SCHOOL

SAFE

HAPPY

HEARD

My safeguarding guide

A little booklet about feeling safe and asking for help.

SPOT THE SIGNS

What is a worry?

Tell an adult if someone:

Hurts or frightens you

at home, school or anywhere else.

Bothers or bullies you

with threats, cruel jokes or mean messages.

Breaks body boundaries

with unwanted or worrying touching.

Asks you to hide harm

or keep an upsetting secret.

Worries you online

with messages, pictures or requests.

A worry is worth sharing.

You can speak to ANY adult in school you trust.

THREE SIMPLE STEPS

What should I do?

1 TELL

Speak to an adult you trust.

2 KEEP TELLING

If you still feel unsafe or worried, tell another adult.

3 GET HELP

Adults will listen, take you seriously and work to keep you safe.



You can talk, write, draw, point or use pictures to tell us.

PEOPLE HERE TO HELP

Our Safeguarding Team

These are some of the adults who can help you.



Mrs Marsden



Mr Forster



Mrs Haith



Mrs Dunn



Mrs Gordon



Mrs Phoenix



Miss McGee



Mr Jackson