

How to keep safe



We want to make sure that you are safe, healthy, happy and looked after, in and out of school.

Grown ups and other children - The grown ups in your life are there to **help** and **care** for you, but sometimes grown ups do **bad** things that can upset or hurt you. A safe grown up can help you, but you need to **tell them** what is happening. Children in our school are here to learn and try their best, just like you. Most children are friendly but some can do bad things.



Feeling safe and unsafe - Playing with your friends or a hug from your mum, dad or carer can make you feel safe. If someone or something makes you feel **unsafe** or **frightened**, tell a safe grown up and they will make it stop. You should also get to a **safe place** as soon as you can as long as you know its ok to do so.

Saying no - Most of the time grown ups know what is best for you, like when it is time for bed or eating your vegetables, but sometimes its ok to say no to a grown up. If a grown up or another child asks you to do something you know is **wrong**, like stealing or if you feel **scared** or **unsafe**, you can say **no**.



Touch - There are **good** and **bad** touches. **Good** touches are a hug, help with getting dressed and holding hands. **Bad** touches can be **scary**, **hurt** or be **rude**. Parts of the body covered by a swimming costume or your underwear are **private**. Unless you need help with washing or dressing, or need to see someone like a doctor, **no one** should touch this area on your body.



Secrets - A **secret** is something we know but try not to tell anyone else. A **good** secret is a birthday party surprise or knowing someone is going to win a prize. Sometimes we have been hurt, are afraid, or don't understand what's happened. If someone says we must keep a **bad thing** a secret, that's a **bad secret**. If you think you have been told to keep a bad secret, you must tell a safe grown up. If they don't listen or understand, tell a different safe grown up until someone helps you.

Can we talk?

Telling a safe grown up - Safe grown ups are people who you trust to help you, just like your mum, dad or carer.

Need to talk? You can talk to any adult but these adults will ALWAYS be there for you - just tell them!













