

Safeguarding Awareness Week

Keeping Happy and Safe





NSPCC Speak Out Stay Safe

In the Autumn term we had an assembly from NSPCC that told us about how we can keep safe.

We have a safeguarding policy for children which also tells you about how you can stay safe.



Keeping safe at school

Who keeps you safe at school?

- Friends
- Teachers, Teaching Assistants
- Adults in the office
- Midday Supervisors
- Mrs Weston- Medical support
- Mrs Ahmed- Family Worker
- Mrs Nisar



What things happen at school to keep you safe?

All adults wear
ID badges

Gates are locked
and secured

Lots of adults are
first aid trained

All visitors wear
Visitor badges

Adults monitor
playtimes



What can make us feel worried or unsafe?

- Not getting things right
- Finding work too hard
- Other children being unkind
- Falling out with our friends
- Bullying
- Name calling
- Fighting
- People getting into our space



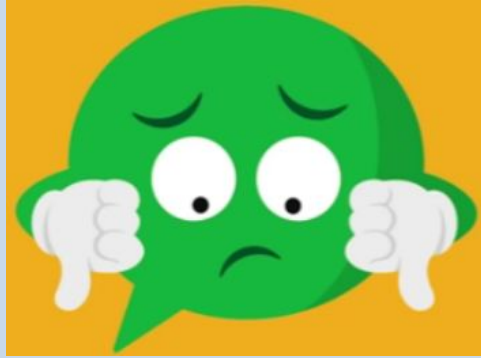


Buddy says...

Bullying is when people are mean and unkind to someone, not just once but again and again. They might push the person around, leave them out or send unkind messages on social media such as Snapchat and tiktok. This can hurt on the inside and on the outside.



Buddy says...



BULLYING is NOT OK. If someone is being unkind to you again and again, you **MUST** speak to an adult.



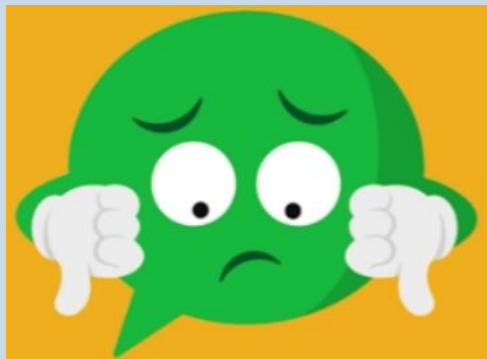


Buddy says...

Name calling is when people say unkind and nasty words which hurt your feelings. They may say them to you directly or to others about you. These words can be insulting and abusive. They can hurt on the inside and the outside.



Buddy says...



NAME CALLING is NOT OK. If someone is saying unkind and mean words, or you hear something that you do not like or that upsets you, you **MUST** tell an adult.



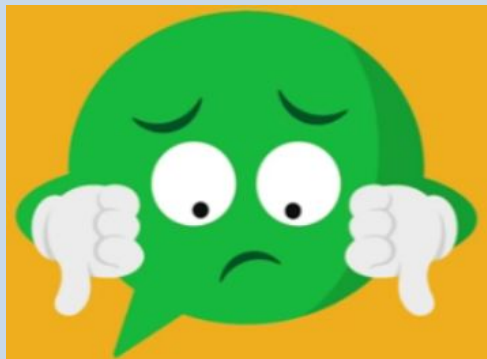


Buddy says...

Physical abuse is when an adult or a child deliberately hurts your body. They might kick, bite, hit, punch or shake. This may leave marks on your body like bruises and cuts.



Buddy says...



PHYSICAL ABUSE is NOT OK.

If a child or a grown up hits, punches or smacks you or hurts you in any way, you must tell your teacher/parent/carer or someone you can trust.



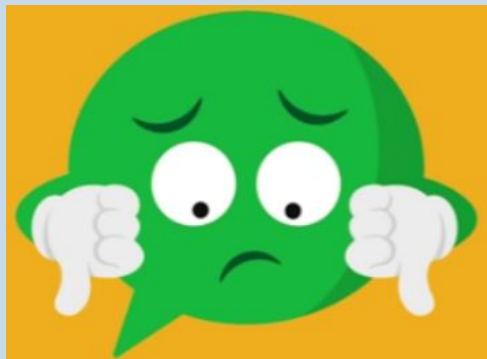


Buddy says...

Presents are a good thing to get, but you should not take a present from anyone without checking with your parents first. Most of the time it will be OK, but sometimes people try and trick children into doing something by giving them presents (like sweets, money or phones).



Buddy says...



This is NOT OK. If someone tries to give you a present and it doesn't seem right, talk to an adult.



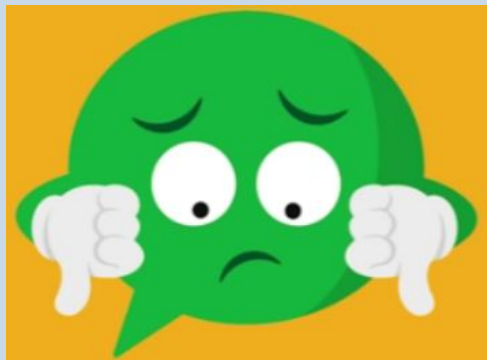


Buddy says...

Computers and mobile phones help us all to share things and talk to our friends or family, but they can also make it easier for bullies and other people that want to hurt you to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites.



Buddy says...



This is NOT OK. If you are unhappy with any comments or photographs you've seen on your computer or mobile then you can contact www.thinkuknow.co.uk as well as adults in school





Buddy says...

Your body belongs to you and not to anyone else. This means all of your body.

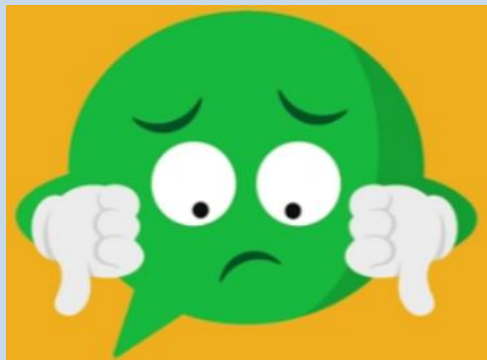
Know the underwear rule. The underwear rule is a simple way of understanding how you can stay safe.

By learning 5 easy sayings, you can help yourself and others, perhaps a younger brother or sister stay safe.





Buddy says...



If someone touches you on any part of your body you do not like, it is **NOT OK**. You must tell your teacher/parent/carer or someone you can trust as soon as you can.



Who can you talk to at school if you have a worry?

You can talk to any of the adults in school if you have a worry and they will always listen to you.



Mrs R Nisar
Headteacher
Designated Lead



Miss A Hussain
Deputy Headteacher
(Based at Junior Site)



Mrs R Kapadi
Deputy Headteacher
(Based at Infant Site)



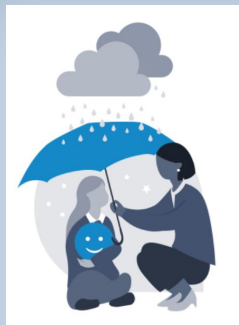
Mrs R Rahman
Family Worker
(Based at Infant Site)



Mrs A Ahmed
Family Worker
(Based at Junior Site)

Remember that these adults have additional training to help with your worries.





Always REMEMBER...



**Everyone has the right to feel safe
YOU have the right to feel safe!**





ChildLine
0800 1111

Don't keep it inside
Talk to us

www.childline.org.uk

**WORRIED?
NEED TO TALK?**

Call Childline on
0800 1111



HELP!

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

It's free, you don't have to tell
us your name – and we're
here to talk all day and night,
whatever your worry.



In Class Activities



"INTERESTING, FUNNY, BRILLIANT AND FANTASTIC." BOOKS FOR KEEPS

The HUGE BAG of WORRIES



by Virginia Ironside Illustrations by Frank Rodgers

<https://www.youtube.com/watch?v=h7oeZNuF5y4>

<https://www.youtube.com/watch?v=D5ibh-RzwIU>



What if... Scenarios



What would you do if...



you knew your best friend was being bullied by another young person?

twinkl.com

What would you do if...



you were asked to read in assembly, but on the day, you are too nervous and don't want to read?

twinkl.com



What would you do if...



no one saw you rip your
friend's notebook when
you were angry?

twinkl.com

What would you do if...



you were having a party
but could only invite six
people? You don't want to
upset anyone, so how do
you choose?

twinkl.com



What would you do if...



you were finding your work at school difficult?

twinkl.com

What would you do if...



you knew someone was telling lies about you to other people?

twinkl.com



What would you do if...



you find out all your friends have been invited for a sleepover at your friend's house but you haven't received an invite?

twinkl.com

What would you do if...



a stranger started talking to you when you were out with your friends?

twinkl.com



What would you do if...



you worked really hard
to get into the football
team but didn't
get picked?

twinkl.com

What would you do if...



your friends told you to
lie to your parents/carers
about where you
were going?

twinkl.com



What would you do if...

3x3

5x7

you worked really hard
learning your times
tables but didn't do as
well as you expected in
your test?

twinkl.com

What would you do if...



you felt jealous about one
of the girls/boys in your
class?

twinkl.com



What would you do if...



your best friend beat you
in a sports competition
at school?

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Is It OK for
Someone to Do This
to You?



Is It OK for Someone to Do This to You?

Look at the pictures below. Discuss with the person you are with whether you think it is OK for someone to treat you like this or not? Think about how you would like to be treated and whether or not the behaviour is fair.



Is It OK for Someone to Do This to You?



A girl in your class keeps calling you names like stupid and ugly.



Is It OK for Someone to Do This to You?



On the school bus, the boy in the year above picks on you by taking your bag off and pinching you.



Is It OK for Someone to Do This to You?



Your mum tells you that you have to do your homework before you can go out to see your friends.



Is It OK for Someone to Do This to You?



Your friends are in a club with you at school. They decide to make their own club at lunchtime but they won't let you join in.



Is It OK for Someone to Do This to You?



You have just found out that you are going to a different secondary school to your friends and they have started leaving you out of things.



Is It OK for Someone to Do This to You?



You want to sing in the choir and audition for the part. Your best friend wants the same part and starts to distance you.



Is It OK for Someone to Do This to You?



You are playing netball in a tournament final and you miss the last pass of the ball. Your friends walk off the court without you.



Is It OK for Someone to Do This to You?



Your dad tells you that you have to be home for dinner time and that you have to walk home with your friends.



Is It OK for Someone to Do This to You?



Your teacher keeps you in at playtime to complete your homework because you haven't finished it.



Is It OK for Someone to Do This to You?



Your friend copies your homework and tells you not to say anything to anyone about it.



My Circle of Control

What I Can't Control

What I Can Control



Predicting what will happen

Other people being honest



Being ill

Past mistakes or bad decisions



Routines in society (bus, train, shop timetables, etc.)



Making the right choices

My behaviour and actions

Keeping my hands to myself



Being kind

Asking for help when I need it

Taking care of myself



Working hard and doing my homework

Using different strategies to help me

Apologising if I need to



The friends I choose

My likes and dislikes



Eating healthily



How other people treat me

The weather



How other people behave

Traffic



What other people think, feel or say