



# Pupil Safeguarding Policy

September 2021

This is a Safeguarding Policy, but what does Safeguarding actually mean?

**Safeguarding means** that school staff should:

- ❖ Protect you from harm (physical or emotional);
- ❖ Make sure nothing stops you from being healthy or developing properly;
- ❖ Make sure you are safely looked after;
- ❖ Make sure you have the best life chances and can grow up happy and successful

**We need to help you to stay safe online and offline.**

**Offline is in real life, online is when you are online - using a phone, tablet or computer.**

## What is a DSL?

A DSL is a Designated Safeguarding Lead - that means the person who is in charge of making sure that everything is in place to keep the children in the school safe - on and offline.

## Who are the DSLs in our school?

Mrs Wilkinson (DSL)  
Miss Thornber (deputy DSL)  
Mr Caswell (deputy DSL)  
Mrs Tropa (deputy DSL)

## What do we do at school to keep you safe?

All of the governors and staff in school work together to keep you safe.

- ❖ Anybody who works at our school will be checked by something called the DBS. This is to make sure that they are safe to work with children. Adults who have been checked to be safe in school wear school lanyards.
- ❖ Our school has a safe system to get into school, and locks on the external doors. We regularly do fire drills and lockdown drills so that everyone knows what to do in case of an emergency.
- ❖ We have 'Peer Listeners' so that you know that there is someone to talk to if you have a problem.
- ❖ We do regular work in school for National Children's Mental Health Week and for Anti-Bullying Week, so that you are aware of your rights, and what to do if you have a problem.
- ❖ Our weekly PSHE lessons include: healthy eating, anti-bullying, e-safety, road safety, how to report abuse/concerns if we are worried about our safety.

## Feeling Safe

When we feel safe (physically and mentally), we usually feel good about ourselves and we can relax and enjoy life.

As a school, we provide a safe environment for you to learn in.

We want to help to ensure that you remain safe at home as well as at school.

It is really important that you know where to go to get help if you are worried or unhappy about anything.

You can always talk to a **trusted adult**.

### Who is your trusted adult?

A trusted adult is a grown-up that you feel comfortable talking about your worries to - someone that you know who will try to help and to make things better for you.

Everyone will have someone different that they feel is their trusted adult, but it could be;

- A parent or grandparent
- An older sibling
- A grown-up at school

## What to do if you are being bullied

If you feel like you are being bullied, you **MUST** tell a grown-up. Even if the bully tells you that you must not tell anyone.

Sometimes even people that we think of as friends can treat us in an unkind way, even bully us. If we like them, then we may feel uncomfortable about telling an adult. However, if something does not feel right, always talk it over with your trusted adult. Do not bottle it up.

There are lots of different types of bullying. There is cyber bullying, which is online bullying, homophobic bullying, where you could be bullied for being gay or transgender, sexist bullying, and racist bullying.

**Do NOT keep it a Secret!**



Ask yourself .....



# Is it Bullying?



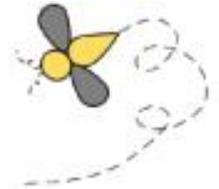
When someone says or does something unintentionally hurtful and they do it once.

**That's RUDE**



When someone says or does something intentionally hurtful and they do it once.

**That's MEAN**



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

**That's BULLYING**

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

*Talk to someone*

**If anything makes you feel uncomfortable, tell someone!**

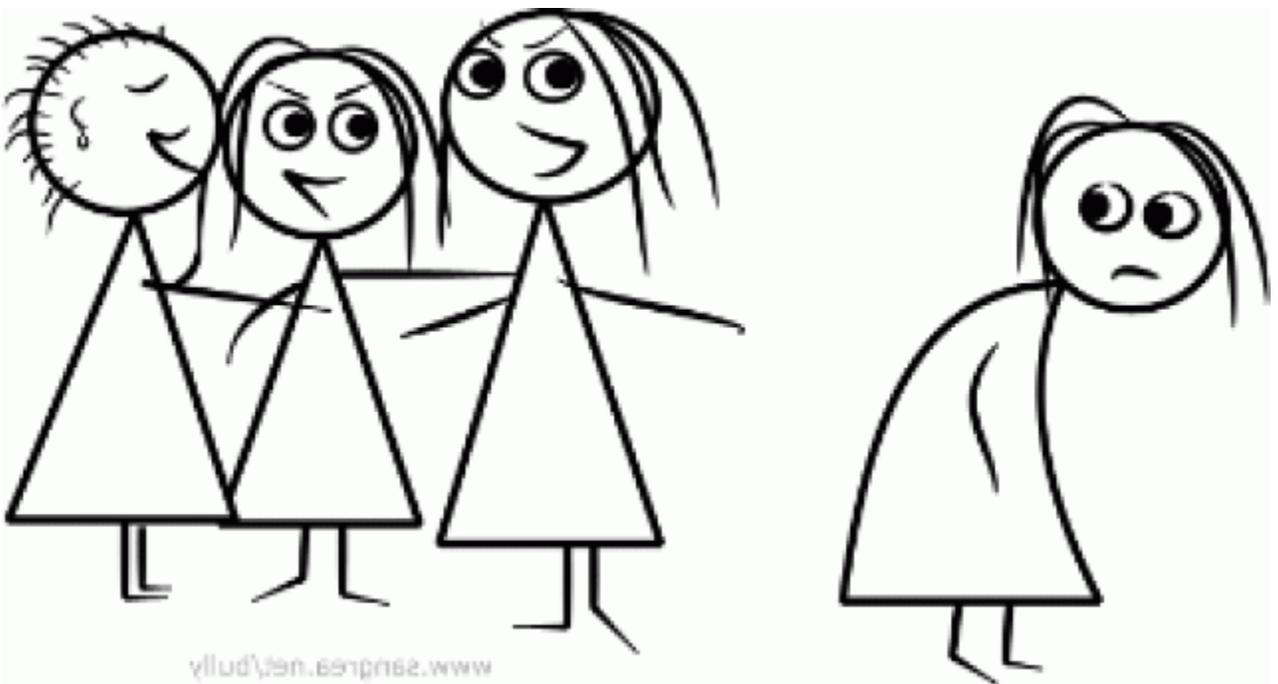
## What to do if someone says unkind things about you.

Has someone said something to you or have you heard something that you do not like or upsets you?

You must tell someone at the school so we can help you.

Examples of people you can tell are:

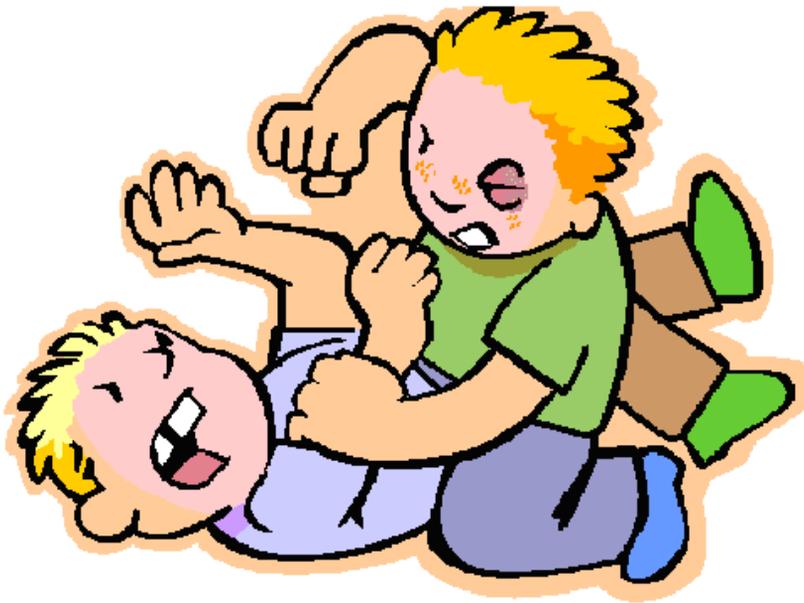
- A trusted adult at home or at school
- A friend



What to do if someone is hitting, punching,  
or smacking you.

Has someone hit, punched or smacked you or hurt you in any way?

You must tell someone at the school so we can help you. Remember, you have the right to be protected from harm and kept safe.



If in doubt, talk to someone. There are many staff at school for you to talk to and they will help support you.

Talk to someone

## How to look after your own wellbeing

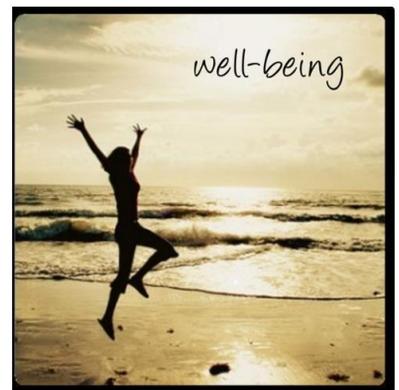
It is really important that you know about how to look after your mental and emotional health as well as your physical health.

Your mental and emotional health is sometimes called your wellbeing. Everyone has days where they feel down or sad.

There are some ways that you can help to look after your emotional health, such as:

- 1) **STOP** - here you ask yourself "how am I feeling?" - happy, scared, angry or sad. How you feel can make a difference to the choice you make.
- 2) **THINK** - here ask yourself "what are my options?" - think about all the different choices you can make; some will have good consequences and some will have less good consequences. (consequence means what may happen - if you stroke a cat the consequence may be it purrs, if you give someone a compliment the consequence may be that they smile)
- 3) **GO** - once you've thought through the positive and negative consequences of each of your options you can make your choice.

**If things feel too much for you, make sure that you talk to someone who can help.**



## What to do to stay safe online

It is really important that you know about how to keep safe online as well. In school we do lots of lessons about keeping safe online .

**Here are our Top Ten Tips for staying safe online:**

- 1) Don't post any personal information online - like your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- 3) Keep your privacy settings as high as possible.
- 4) Never give out your passwords.
- 5) Don't befriend people you don't know.
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
- 7) Remember that not everyone online is who they say they are.
- 8) Think carefully about what you say before you post something online.
- 9) Respect other people's views; even if you don't agree with someone else's views, it doesn't mean you need to be rude.
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to, and tell a trusted adult immediately.



## What to do to stay safe online

Think really carefully about the sites that you use. Are they really appropriate for your age? If you are unsure, talk to someone at home or at school.

Take the quiz on our school website to find out the suggested age restrictions on these sites.



**Remember - If you ever feel unsafe,  
talk to someone.**

## Keeping Secrets

**Remember that some secrets can be good and some are not.** Secrets such as surprise parties are fun, but some secrets are not good and should never be kept. If someone asks you to keep a secret that you're not comfortable with, talk to an adult that you trust.

It is important to remember that your body belongs to you and not to anyone else. This means all of your body. If someone touches you on a part of your body and you do not like it, it is not ok.

**You must tell your parents/carers, a teacher or someone you can trust as soon as you can.**



## What to do if someone tries to give you drugs, cigarettes, tablets or alcohol.

Has someone asked you if you want a tablet, or to smoke a cigarette, or have a drink of something and you do not know what it is?

If this ever happens, do not eat, drink or smoke what they are giving you.

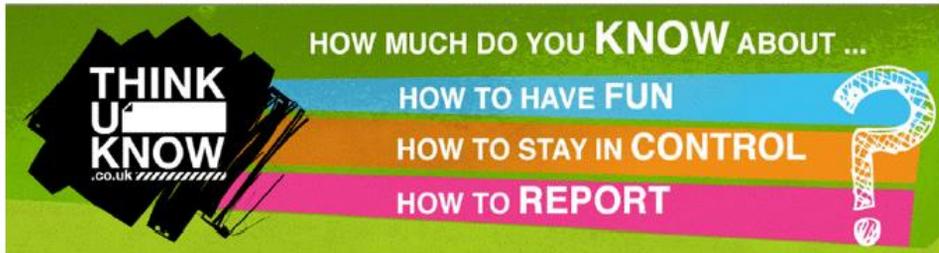
You must tell a grown up straight away so that they can help you. DO NOT give into pressure if someone tries to persuade you or dares you to do something that you know is not safe.

Be aware that you could be offered any of these things by someone who is only a bit older than you. They might even try to get you to take the drugs to someone else for them. The police are aware of this problem and call it '**County Lines.**'

**Talk to adult straight away if you are worried.**



# Organisations that can help you



The most important thing to remember is  
That you feel uncomfortable about **ANYTHING**  
at all:

Talk to someone