



Alexandra

Primary School

Aspire, Perform, Succeed

Children's Guide to Keeping Safe



Drafted by L Buchanan
Date: September 2022
Review: September 2023

Our school has a **safeguarding policy** for staff, families and governors. This is a policy designed for **you**, the children of APS. We have created this policy to help you decide what could be a 'problem' and where you can get **help** and support.



It's OK to get help



Safeguarding means that staff will:

- Protect you from harm
- Make sure nothing stops you from being happy and healthy
- Make sure you are safe and safely looked after
- Make sure you have the best life chances and can grow up happy and successful

What does keeping safe mean?

At Alexandra Primary School, all of the adults around you think that your **health, safety** and **welfare** are very important.

In our school we want to keep you safe and help protect your rights. We do everything we can to help you to make good progress in your school work and be happy. We teach you how to recognise risks in different situations and how to help **protect** yourselves and stay **safe** at home and at school and where to go for help if you need it.

If you need to talk, we will listen!

There may be times when you want to **talk** to someone in school about something that might be upsetting you.

You can talk to **any adult** in school. We have people in school who are specially trained to help you. It is important that you know who they are.



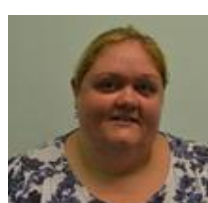
These people are our Designated Safeguarding Leads; their special job is to help keep you safe. You can speak to one of them if you are worried about anything.



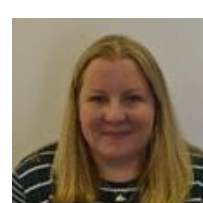
Mr Norton
Head teacher



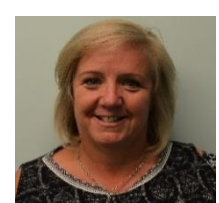
Mrs Griffiths
School Business
Manager



Mrs Mansfield
Deputy Head Teacher



Mrs Buchanan
Deputy Head Teacher



Mrs Bird
Pastoral Support and
Family Engagement

Sometimes people treat us in a way that makes us feel scared, sad or hurt. Some of the things that may make us frightened are:

- ★ When someone (other children or adults) hits, kicks or pushes you or someone else.
- ★ When someone touches your body in a way you don't want them to or a place they shouldn't.
- ★ When someone says bad things to you, bullies you, threatens you or makes you feel sad, this could be in person or on the internet.
- ★ Someone is not respecting your rights as set out in the UN Convention of the Rights of the Child.
- ★ When the people who are supposed to care for you do not look after you very well, they might not give you enough food or sleep, help you to keep warm or clean or take you to the doctor

DO NOT KEEP IT A SECRET!



It is important to tell someone you trust if any of these things happen or you are worried about something else. You could tell:

- Any adult at school, they will listen
- Someone in your family
- A doctor or nurse
- A family friend
- The police
- Call Childline



Remember, you can also write down something that is worrying you and put it into the 'Talk to Me' box outside the hall.



U.N. Convention on the Rights of the Child: Article 1

SCCYP
Scotland's Commissioner
for Children & Young People

There are some links to other places you can go to for help on our school website in the Pupils section.

www.alexandra.hounslow.sch.uk



LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



S PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus



S

Stay Safe

Don't give out your personal information to people / places you don't know.



M

Don't Meet Up

Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.



A

Accepting Files

Accepting emails, files, pictures or texts from people you don't know can cause problems.



R

Reliable?

Check information before you believe it. Is the person or website telling the truth?



T

Tell Someone

Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!