

Keeping Safe



I'm feeling worried:



- Being bullied or someone being unkind to you physically or emotionally
- Something happening at home that is making you feel uncomfortable or unhappy
- Someone hurting or threatening you
- Something online that has made you feel uncomfortable or upset
- Another problem... nothing is too small or silly!

What can I do?

- Tell a parent, carer, family member or other **trusted grown-up**.
- Tell a trusted grown-up in school.
- Write down what is upsetting you and give it to an adult in school.

Who can I talk to in school?

You can talk to **anyone** in school about anything that is upsetting you. It could be:

- a teacher
- a teaching assistant
- the headteacher
- a mealtime supervisor



What will happen next?

You have a **right to be safe**. If you talk to an adult in school, we will:

- listen to you carefully;
 - find out what is happening;
 - **do everything** we can to sort it out.
 - **keep you safe!**
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