

# **Safeguarding- A Child Friendly Guide**

Its important children know how to stay safe at all times. Our fantastic children have created and coordinated this page, written for and by children.

## **What is Child Protection about?**

All of the adults around you think that your health, safety and welfare are very important. In our school, we respect all children, and help to protect your rights. We do our best to help children make good educational progress.

All grown-ups in school want to make sure that you feel safe and happy whether at school or outside of school. Sometimes adults don't know if something bad is happening, so you need to tell them.

This policy was written by us and it looks at peer-on-peer abuse and bullying, and what you can do when you feel you are being abused or bullied, or when you notice someone else being abused or bullied.

At Audlem, we have lessons and worships that teach you what peer-on-peer abuse is; teach you what to do if you feel like you are being abused, or if someone else is being abused. Our teachers make sure we know the grown-ups we can speak to if we are worried.

## **Who to talk to if you have a worry?**

If you need to talk -our staff will listen. You can talk to any adult in school, but some staff who have a key responsibility for making sure you are safe and well cared for.

Our Senior Designated Safeguarding Lead (DSL) is Mr Perry.

Our Deputy DSLs are Mrs Richardson and Mrs Bird

**DO NOT BE SCARED TO TELL SOMEONE STRAIGHT AWAY. WE WILL ALWAYS LISTEN.**

When someone hurts you, it can be called abuse. This is when someone does something to you that is harmful, unpleasant or painful like:

- If someone deliberately hits you, hurts you, injures you or humiliates you.
- If someone says or does something that makes you feel bad about yourself or hurts your feelings which makes you feel scared, sad, upset or frightened.
- If someone shouts, threatens, hits or hurts someone you love whilst you are around which makes you scared, unhappy or worried.
- If someone doesn't take proper care of you so you feel abandoned, lonely or neglected. You might not be able to eat or wash regularly, or you might not be able to come to school every day or on time.
- If someone touches you in places you know are wrong
- If someone makes you look at things which make you feel ashamed, embarrassed, uncomfortable or guilty. They may ask you to keep it a secret or give you presents.

Abuse is never ok and if you are being or have been abused you must remember –it is not your fault. You must always tell someone, and they will help it to stop. If you need to talk –we will listen.

### **What is bullying?**

Bullying can be different things, and isn't just hitting or kicking another person. Emotional bullying is hurting someone's feelings, leaving them out or bossing them about. Physical bullying is punching, kicking, spitting, hitting or pushing someone. Verbal bullying is teasing someone, calling them names or using rude hand signs. Cyber bullying involves sending horrid messages over the internet or by text message. Bullying can be done through another person, by one person sending another person to say nasty things.

### **What is Sexual Harassment?**

Sometimes, people can do things towards others, and it might make them feel uncomfortable. This can happen online on social media, through messages and face-to-face. It might make someone feel scared, embarrassed, uncomfortable, or upset.

It could be:

- Someone making rude comments, like telling stories, saying rude things or saying offensive things about someone's appearance or clothes.
- Calling someone sexual names.
- Sexual jokes or teasing.
- Being physical, like touching which makes you feel uncomfortable, messing with your clothes, or showing pictures or drawings which are of a personal nature.
- Being sexual online, like sharing pictures and videos, or posting inappropriate comments on social media.
- It might also be threats or pushing you to do something that you don't want to or aren't ready for.

### **Relationships**

Any relationship you have should be good and happy. A bad relationship might make someone feel scared, confused, worried and even unsafe. It's really important that you know the difference between a good relationship and a bad relationship.

#### **Good relationships:**

- You are comfortable around that person.
- You can be honest with that person.
- You can say how you feel, what you are thinking and you listen to each other.
- You support each other and treat each other nicely.
- You feel safe.
- You trust that person.
- You are equal – you don't boss each other around or tell each other what to do.
- You feel looked after.

### **Bad relationships:**

- The person might push you, hit you or destroy your things.
- The person might tell you what to do, what to wear or who you can see and spend time with.
- You might feel scared – they might say they will hurt you if you don't do something.
- The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself.
- The person gets angry easily and you don't know what will make them angry – it might make you feel nervous.
- The person might pressure you to do things you don't want to or aren't ready for, like sex, or using drugs and alcohol.
- The person might not take no for an answer when you say you don't want to do something.
- The person may manipulate you into doing things you don't want to do.

It might be hard for you to know if you are being abused and you might not really understand it is happening. It is important you can recognise when behaviour isn't appropriate. It's also important that you can notice when someone else might be being abused.

### **Some signs might be:**

- Not going to school or not wanting to go to school.
- Having injuries, like bruises.
- Feeling sad and down.
- Feeling like they can't cope.
- Feeling withdrawn or shy.
- Getting headaches or stomach ache.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Using alcohol or drugs.
- Changing looks to look much older.
- Being abusive to someone else.

Remember: you can feel all of these things too. Listen to how you feel, and know that these signs can mean you are being abused