

CARING TO KEEP YOU SAFE!

WHO ARE YOUR TRUSTED ADULTS?

**YOU CAN TALK
TO US IF YOU FEEL
WORRIED OR UNSAFE.**

**WE ARE ALL HERE
TO HELP YOU!**

**YOUR TEACHER...
MRS GIBBINS...
MRS BAKER...
ANY ADULT
IN SCHOOL!**

SPEAK UP – STAY SAFE!

HOW TO ASK FOR HELP...

**FIND A TRUSTED
ADULT**

**TELL THEM HOW YOU
FEEL**

**THEY WILL HELP TO
KEEP YOU SAFE**

**YOUR VOICE
MATTERS!**



**IF SOMETHING
DOESN'T FEEL RIGHT,
TELL SOMEONE!**

SHARE YOUR WORRIES

A WORRY SHARED, IS A WORRY HALVED!

**THERE ARE LOTS OF WAYS SHARE YOUR
WORRIES!**

**YOU CAN TALK TO A TRUSTED ADULT, OR YOU
CAN MAKE USE OF ONE OF THESE FAB WORRY
MONSTERS!**

**WRITE DOWN YOUR WORRY AND POP IT IN THE
MONSTERS MOUTH – AN ADULT WILL CHECK THE
MONSTER EVERY DAY AND COME AND CHAT TO
YOU!**



STAYING SAFE IN SCHOOL

**WE ALL DESERVE TO FEEL SAFE IN SCHOOL
HERE'S HOW YOU CAN HELP!**

**BE GENTLE WITH
YOUR HANDS AND
FEET**

**ALWAYS
THINK ABOUT
OTHERS
FEELINGS**

**DON'T SCARE
PEOPLE**

**ALWAYS USE
KIND
WORDS**

**DON'T HURT
PEOPLE**

**ALWAYS
RETURN
SMILES**

**ALWAYS BE
FRIENDLY**

**'WE ARE A
CARING SCHOOL'**

SAFE AND UNSAFE SECRETS

SAFE SECRETS

**THINGS SUCH AS
BIRTHDAY OR
CHRISTMAS
SURPRISES**

UNSAFE SECRETS

**ANYTHING THAT MAKES
YOU FEEL SCARED, SAD,
UNCOMFORTABLE OR
WORRIED**

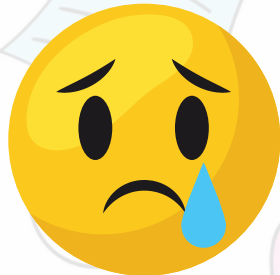
**It's ok to tell a
grown up if a
secret makes
you feel bad.**

HOW ARE YOU FEELING TODAY?

WHAT ZONE ARE YOU IN?



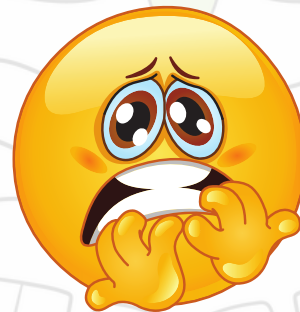
HAPPY?



SAD?



TIRED?



SCARED?



CONFUSED?



WORRIED?



ANGRY?

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space