

THURLSTONE PRIMARY SCHOOL

Grow Together • Learn Together • Feel Loved

Our Child Friendly Safeguarding Policy

We are here to help!

We want everyone at Thurlstone to feel safe, happy and cared for.

Every child has the right to feel safe.

The adults in our school are here to help you

If something worries you, we will listen.

What if something is wrong?

Sometimes, people do things that make us feel sad, scared or uncomfortable.

It is never okay for someone to:

- Hit, kick or hurt you.
- Say unkind things or bully you.
- Frighten you or threaten you.
- Touch you in a way that makes you feel uncomfortable.
- Stop you from getting the care you need.
- Make you feel worried or unsafe online.

These things can happen anywhere — at home, at school, outside or online.

If something does not feel right, tell an adult.

If someone hurts you, it is not your fault.

Who can help me at school?

There are adults at Thurlstone who are here to help keep you safe.

You can talk to:

Mrs Gibbins	Mrs Wise	Mr Peace
		

Your class teacher or another adult you trust.

You can talk to an adult about anything that is worrying you, even if you are worried about someone in your family or someone you know.

If the first adult cannot help, tell another adult.

Who else can help?

You can talk to a trusted adult at school or at home.

You can also contact **Childline** if you need someone to talk to.

Call 0800 1111

Visit www.childline.org.uk

If you are in danger you can call **999** for help from the emergency services.

What if I am worried?

Sometimes, someone might tell you not to talk about something that has happened.

You do not have to keep a worrying secret.

If you feel scared, sad or worried:

1. **Tell** an adult you trust.
2. **Keep telling** if you do not get the help you need.
3. **Keep going until someone helps you.**

You will not be in trouble for asking for help.

If you find it hard to explain, you can write it down or ask someone to help you.

What if my friend is worried?

If a friend tells you something that worries them:

- Listen and be kind.
- Take them seriously.
- Tell a trusted adult.
- Do not promise to keep it a secret.

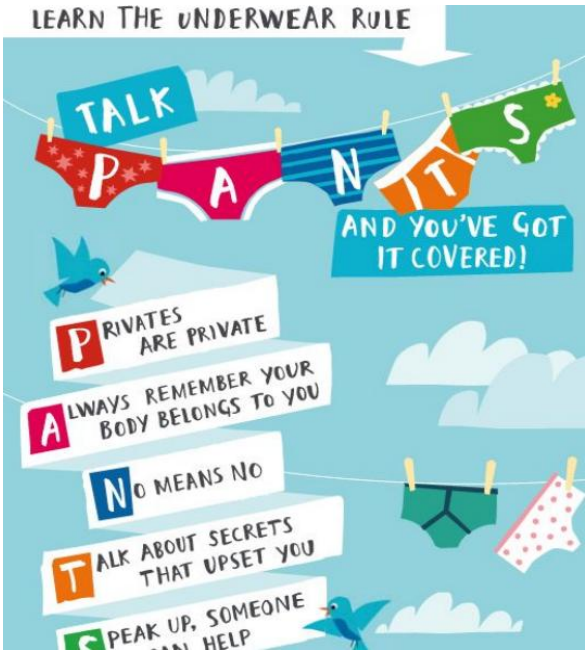
You do not have to solve the problem yourself.

Telling an adult is a way of helping your friend.

Your body belongs to you

Your body belongs to you. You have the right to feel safe.

Remember the PANTS rule:



You can say no to unwanted touching. If you cannot say no, it is still not your fault.

Some adults may need to help you with personal care. They should help you feel safe and respected.

Never be afraid to tell someone if something makes you feel uncomfortable.

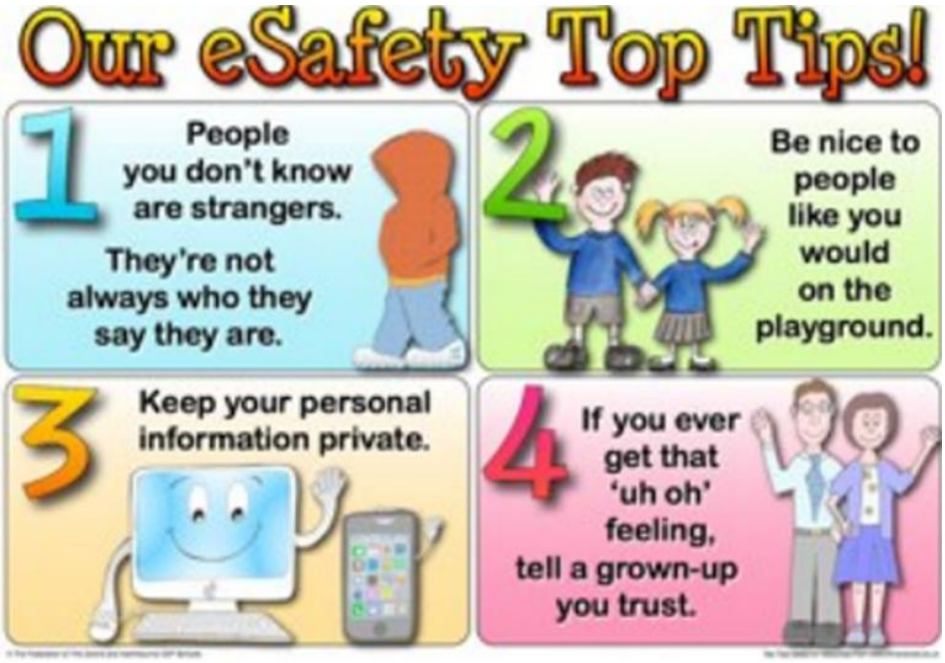
How can I stay safe online?

The internet can be fun, but it is important to stay safe.

Remember:

- Keep your personal information private.
- Be careful when talking to people online.
- Do not agree to meet someone you only know online.
- Be kind to others when playing games or chatting.
- Tell an adult if something online makes you feel worried or uncomfortable.

You will not be in trouble for asking for help.





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ChildLine 0800 1111