

Keep Yourself Safe!

We think that your safety is crucial. We are all important and we need to be safe.

Every child should:

- Be happy
- Be cared for
- Be safe

We think that your health and education is important to you. We take bullying seriously. Have a look at our anti-bullying posters by the dinner hall. Our school is a NO BULLY zone!

We think that it is important to tell you about **risks** in life you may encounter in the future.

What to do if you feel anxious or worried...

If various problems occur, don't bottle them up! To help you, use our worry box:



This box will be checked daily by a member of staff who will support you with your worry.

Try one of our tips on display for dealing with anxiety. For example:

- Think of a place that makes you feel happy
- Take some time out in a quiet place
- Have a drink of water
- Draw a picture
- Hold a special object
- Talk to a friend

Keeping Safe Online

- Only play with the people you know
- Reject friend requests from people you don't know
- Never share personal information, like your full name and address
- Tell your parents or teachers if you are worried or concerned about what is being said to you online
- Remember what you say online can be saved and printed off.



Who can I talk to?



Mr Robinson



Mrs Bower



Mrs Pearson



Mrs Burton



Any staff
member

Abuse is NOT OK!

Physical - hitting, touching, biting, kicking, pushing or harming a part of your body.

Emotional - name calling, shaming, insults, feeling insecure and unworthy.

Sexual abuse - touching private parts of the body, asking you to remove clothes or looking at inappropriate photos/videos. Remember the Pants Rule - your underwear covers up your private parts and no one should ask to see or touch them.

Neglect - failing to give proper clothing, health care, nutrition, housing, food and love.

None of these types of abuse are acceptable. You **must** tell an adult if any of these things happen to you. Remember you can always call ChildLine too at any time of the day or night.



*This information leaflet has
been written by School Council*

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**COTMANHAY
JUNIOR SCHOOL**

**SAFEGUARDING
IN OUR SCHOOL**



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