



# KEEPING SAFE AT RYECROFT

## A Child-Friendly Safeguarding Guide

### **Welcome**

- At Ryecroft, we want every child to feel safe, happy, respected, valued and listened to.
- Every child has the right to feel safe and enjoy school.
- You are never alone. You will always be listened to. We will always try to help.

### **What Does Safeguarding Mean?**

- Safeguarding means keeping children safe from harm.
- This means helping children stay safe at school, at home, online and in the community.
- Safeguarding is everyone's responsibility.

### **Who Can Help Me?**

-  Designated Safeguarding Lead: **Mrs Grattage**
-  Deputy Safeguarding Leads: **Mrs Martin, Mrs Oliver, Mrs Harris and Mr Hughes**
-  You can talk to ANY trusted adult in school.

## **When Should I Tell Someone?**

-  Someone is hurting you
-  You are worried about a friend
-  You are being bullied
-  Something online worries you
-  Something just does not feel right

## **What Happens If I Tell Someone?**

-  We Listen
-  We Take You Seriously
-  We Help You
-  We Get Extra Support If Needed
-  We Continue Supporting You

## **Understanding Abuse**

- Physical abuse means somebody deliberately hurts a child.
- Emotional abuse means making a child feel frightened, worthless or unhappy.
- Neglect means a child's basic needs are not being met.
- IT IS NEVER A CHILD'S FAULT.

## **Bullying**

- Bullying can happen face-to-face or online.
- Tell someone. Bullying often continues when nobody knows about it.

## **Staying Safe Online**

-  Never share personal information.
-  Never meet someone you only know online.

-  Think before you post.
-  Tell an adult if something online worries you.

## **Mental Health & Wellbeing**

-  It is normal to sometimes feel worried.
-  Sad.
-  Angry.
-  It is OK not to be OK. Talking can help.

## **Looking Out For Friends**

- Tell an adult if you are worried about a friend.
- You are being a good friend by getting help.

## **Keeping Safe Outside School**

- Stay with friends.
- Know your trusted adults.
- Be careful near roads.
- Tell somebody where you are going.

## **Important Things To Remember**

-  It is never your fault if somebody hurts you.
-  You deserve to feel safe.
-  You will never get into trouble for asking for help.
-  We will always listen.

## **Need Help?**

- Mrs Grattage
- Mrs Martin
- Mrs Oliver

- Mrs Harris
- Mr Hughes
- Or ANY trusted adult in school
- Childline: 0800 1111
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.ceop.police.uk](http://www.ceop.police.uk)

## **Our Promise To You**

- We will always listen.
- We will always care.
- We will always try to help.