


Open  on the sex offenders register. Images showing private parts are classed as pornography. If you upload pictures of yourself/others this may be classed as **distributing child pornography**. Having images—even if sent by your boy/girlfriend—is classed as **possessing child pornography**. The police may be involved; you could end up on the sex offenders register.

Uploaded pictures **exist forever**. Deleting them doesn't get rid of them. **Don't put yourself at risk** with dodgy images, or those you might become embarrassed by. Don't upload pictures of others without their consent.

**Never reveal** personal details online—you DON'T KNOW the **TRUE IDENTITY** of the person you are chatting with.

Don't send anything abusive—you could be **accused of harassment!**

Don't put up with **abusive texts, videos or photos**. It is harassment, which is illegal. **Tell someone**.



**ONLINE**



If you speak to someone in school, we will take you seriously and help you. This may mean passing the information on to others who **need to know** in order for you to stay safe. Only the essential people will be informed, but we do have to pass on important information.

You can tell—  
**anyone you feel you can trust** within school.

Here are the contact details of some places where you can get more information or help:

- Samaritans 08457 90 90 90 ([www.samaritans.org](http://www.samaritans.org))
- Childline 0800 1111 ([www.childline.org.uk](http://www.childline.org.uk))
- Stop Hate 0113 293 5100 ([www.stophateuk.org](http://www.stophateuk.org))
- NSPCC 0808 800 5000 ([www.nspcc.org.uk](http://www.nspcc.org.uk))
- Beatbullying ([www.beatbullying.org](http://www.beatbullying.org))
- The Hide Out ([www.thehideout.org.uk](http://www.thehideout.org.uk))
- NHS Direct 0845 4647
- Who Cares 020 7251 3117 (for young people who have been in care)



**Stay Safe**  
**Tell Someone**



Mr Reeves has overall responsibility for safeguarding in school. He works particularly closely with Mrs Baines and Mr Morris to make sure safeguarding is effective.

## Keeping Safe Safeguarding



At BRGS we want you to always be safe and have the best opportunities possible. In school, all of this comes under the heading **SAFEGUARDING**.

This leaflet gives you some tips about staying safe and who you should **TELL** if you don't feel safe.

The leaflet also describes some things you should be aware of — being safe online, what **ABUSE** is, and what grooming is.

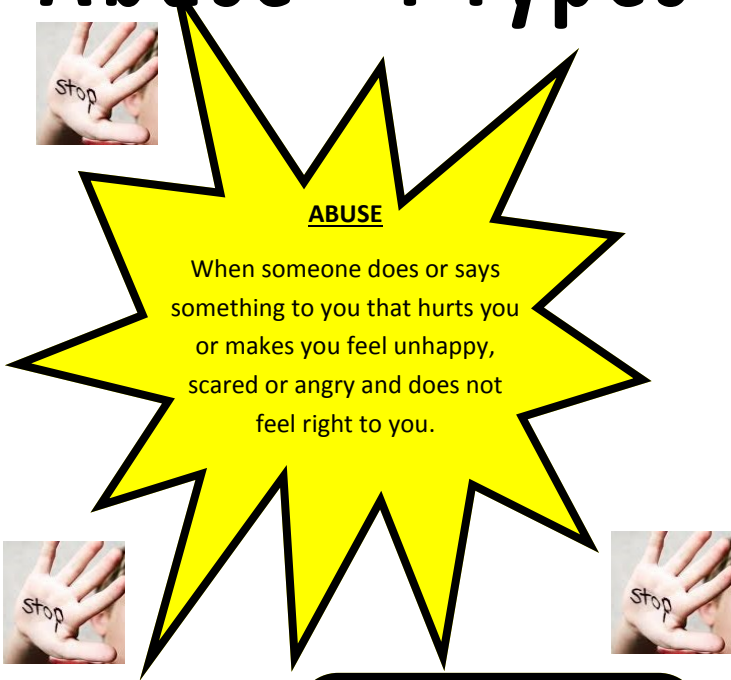
If you are concerned about any of these things, you should **TELL** someone.

The back of this leaflet gives some contact details for organisations like Childline and the NSPCC (National Society for the Prevention of Cruelty to Children).

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# Abuse - 4 Types



## ABUSE

When someone does or says something to you that hurts you or makes you feel unhappy, scared or angry and does not feel right to you.



## Neglect

Not being given the essentials for life—food & drink, clothing, warmth, safety, medicine.

TELL TELL TELL TELL TELL TELL TELL TELL TELL TELL

## Physical Abuse

Being hurt by hitting, kicking, shaking, throwing, poisoning, burning, drowning—being caused physical harm.



## Emotional Abuse

Persistent emotional attack which makes you convinced you are worthless, useless, a failure, a waste of space.



## Sexual Abuse

Being forced to take part in sexual activity against your wish. It may include touching or being touched inappropriately, looking at sexual images or being photographed in a revealing manner. Being made to take part in, or watch, sex when you don't want to.

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TELL TELL TELL TELL TELL TELL TELL TELL TELL TELL



Try to always be with someone when walking home



Tell us when something is wrong

# GROOMING

Sometimes an older person will try to get to know you better and gain your trust for bad reasons. They may do this by giving you money or gifts to make you feel special. This may be so they can eventually have sex with you. They may then force you to keep secrets by threatening or scaring you.

TELL SOMEONE—It breaks their power over you!

There are other forms of abuse—you might want to look them up on the internet to find out more about them. Some of them are:

- Domestic Violence/Relationship Abuse
- Drug Abuse
- Fabricated or Induced Illness
- Forced Marriage
- Female Genital Mutilation
- Radicalisation
- Trafficking

Drugs and alcohol are dangerous for young people

**S T A Y  
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Stick to well lit areas at night



Have emergency contact numbers in your phone so you can dial them quickly



Never accept a lift from a stranger



Carry spare cash so you are able to get a bus



**ABUSE IS NOT YOUR**



**FAULT**

