

## What will happen next if I tell someone?

You have a right to be safe. If you talk to an adult in school, the following things will happen:

- Anything you tell us will always be taken seriously.
- We will listen to you carefully.
- We might ask you to tell us more about what's happening or explain in more detail.
- Sometimes, we might have to tell the headteacher or the grown-up in charge of keeping children safe.
- We will support you.
- We'll do everything in our power to keep you safe.

# Keeping Safe

$$6 \times 8 = 48$$

$$6 \times 9 = 54$$

$$6 \times 10 = 60$$



## I'm feeling worried because...

- Someone is being unkind to me with their words and actions.
- Someone is hurting me or threatening to hurt me.
- Someone is forcing me to do things I don't want to do.
- Something is happening at home and it's making me feel unhappy or uncomfortable.
- Someone outside of school and my home is doing something that upsets me.
- Something has happened online that's making me upset or uncomfortable.
- I have a problem and I don't know what to do about it.

Remember, it could be an adult or another child that's making you feel this way.



## What can I do if I'm worried?

- Tell a parent, carer, family member or other **grown-up that you trust**.
- Tell any grown-up in school.
- Write down what is upsetting you and give it to an adult in school.

**Remember, no problem is too small or silly to talk about!**



## Who can I talk to in school?

You can talk to **anyone** in school about anything that is upsetting you. It could be:

- a teacher
- a teaching assistant
- the headteacher
- a mealtime supervisor
- anyone else that you trust and feel comfortable with

