



Safeguarding is about ensuring that everyone is safe from harm – safe from bullying, safe from people who could abuse, safe from discrimination or harassment – and that we all feel safe in our environment.

We recognise that growing up today you may face many different pressures but we have a duty of care to support you through these.

If you are ever concerned about your safety or well being or about a friend, talk to someone – parent, another friend, a member of staff at school (Teacher, Form Teacher, Head of Year, Pastoral Manager, Teaching Assistants, Prefects, Guardian Angels, School Council members).

Talking helps and if these people agree there is a problem, they will find other people to help – Designated Staff for Child Protection (Mrs Barker, Mrs McLoughlin). They will then work together with other people to address the problems and ensure everyone is safe.

Or ring Childline or the NSPCC and visit their websites for good sound advice

TALK TO SOMEONE

All of the information in this booklet is also on our website with more detail.

Childline 0800 1111

NSPCC 08001111

What do we mean?

These are some of the things we worry about – things that could be affecting you or some-one you know – things that mean you may be at risk of harm

Physical Abuse

Physical abuse is when someone deliberately hurts or injures you. It can include hitting, kicking, hair pulling, beating with objects, throwing and shaking. No one has the right to hurt you in this way.

Bullying is also a form of physical abuse

Emotional Abuse

If someone is always telling you that you're ugly, stupid, worthless or that they'd wished you'd never been born - that's emotional abuse. It's wrong, even if they are not doing it on purpose and can make you scared, sad and upset.

Sexual Abuse

Sexual abuse is when a child or young person is pressurised, forced, tricked or coerced into taking part in any kind of sexual activity with an adult or another young person. It can happen to anyone – boys and girls. If you are being sexually abused, it's not your fault and you're not alone.

Bullying

Bullying can happen to anyone at any age. Being bullied at school, home or online might involve some-one pushing you, hitting you, teasing you, talking about you or calling you names. Nobody has the right to hurt you or make you feel bad. If you are being bullied you don't have to deal with it alone - talking to someone about it can often really help. You need TELL someone eg. (Teacher, Form Teacher, Head of Year, Pastoral Manager, Teaching Assistants, Prefects, Guardian Angels, School Council members).

What is bullying? Bullying is behaviour by an individual or group, usually repeated overtime, which is intended to hurt, threaten or frighten someone. The victim(s) finds it difficult to defend themselves against the 'bully' as they feel there is an imbalance of power.

Bullying can mean many different things and young people have described bullying as:

- ☒ being called names
- ☒ being put down or humiliated
- ☒ being teased
- ☒ being pushed or pulled about
- ☒ having money and other possessions taken or messed about with
- ☒ having rumours spread about you
- ☒ being ignored and left out
- ☒ being hit, kicked or physically hurt
- ☒ being threatened or intimidated

These things can happen at school or at home, but they can also happen online or on social networks.

Useful Advice— See Homework Planner pg. 12 “Stages of Bullying”, “Anti bullying” pg. 115

Sexting

When people talk about sexting, they usually refer to sending and receiving:

- ☒ naked pictures or 'nudes'
- ☒ 'underwear shots'

☒ sexual or 'dirty pics'

☒ rude text messages or videos

They can be sent from a friend, boyfriend, girlfriend or someone you've met online. You might have also sent a sexual photo, video or text to someone else.

What does the law say?

Sexting may breach laws that prohibit the creation, distribution or possession of child pornography regardless of whether all parties involved consent to the images being taken and shared, or whether the images are sent to other minors, even minors of the same age. Police may be involved.

TOP TIPS

☒ Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.

☒ Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.

☒ Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.

☒ Respect the law: use reliable services and know how to legally access the music, film and TV you want.

☒ Acknowledge your sources: use trustworthy content and remember to give credit when using others' work/ideas.

DON'T EVER GIVE OUT YOUR PERSONAL DETAILS

Grooming

What is grooming?

'Grooming' is how an abuser makes you think that it is your fault – when it isn't. Sometimes it starts by them trying really hard to be nice to you, giving you more and more attention or buying you gifts to make you like them. When they have gained your trust and you start to depend on them, they find ways to turn the relationship into something more sexual – abusing your trust and taking advantage of you. They might use secrecy, blame, gifts and threats of violence to stop you from telling somebody. This is because they know that when you do find the courage to tell somebody, they will no longer have power or control over you.

Grooming can also happen online. 'Groomers' might try to make friends with you on social networks or other sites. They often use chat rooms pretending to be someone else - this could be someone younger, older, a different gender or different sexuality. Many 'groomers' will use profile pictures of

someone else to hide their identity. It's important to think carefully about who you talk to and what personal details you share.

Self-harm

Self-harm is when people hurt themselves or damage their health on purpose. Sometimes people do this in secret. There are lots of different reasons why someone might self-harm, but there are also different ways to cope and get help.

Why do people self-harm?

There are lots of reasons why young people might self-harm. The need to hurt themselves usually comes from emotions that are very difficult to cope with.

Mental health

What is 'mental health'?

'Mental health' refers to the way we feel about ourselves, how happy we are and whether we believe we have the strength to overcome challenges.

Sometimes you might feel really positive and confident about things. And other times, you might feel stressed, anxious or sad – this is normal. Often at exam times stress can get worse

It's only when these thoughts become extreme and so overwhelming that they interfere with your daily life that they become a problem. If they start to affect the way you think or how you behave over a length of time, a doctor might diagnose this as mental illness.

Domestic violence

Domestic violence is when a grown up threatens, bullies, or hurts another adult in the family. Sometimes it's called domestic abuse. It can happen between parents, married couples, girlfriends and boyfriends, or after a couple has split up. Domestic violence can happen to anybody.

Home and families

Home and families have problems and there's no such thing as a normal family. But sometimes there are problems that you can't fix by talking to your family. Maybe your parents are fighting, or you're having a hard time with someone else in your family. Sometimes people in families can hurt each other emotionally or physically. It can be hard to know what to do, but whatever the problem is, you can always talk to us about it.

Forced marriage

A forced marriage is when someone is made to marry another person who they don't want to. Forced marriages can happen in secret and can also be planned by parents, family or religious leaders. It may involve physical abuse, sexual abuse or emotional abuse.

Female Genital Mutilation (FGM)

Female Genital Mutilation (FGM) is the partial or total removal of external female genitalia for non-medical reasons. It's also known as female circumcision, cutting or sunna.

Religious, social or cultural reasons are sometimes given for FGM. However, FGM is highly dangerous and a criminal offence — it can never be acceptable.

Radicalisation

We have a duty of care to ensure that everyone in our school community is protected from any dangers of potential radicalisation and exposure to extremist views. The national PREVENT strategy is set up for this purpose. We always promote tolerance at all times, which underpins our ethos and the values of respect and equality, and do not tolerate extremism in any form.

If you feel at any point you or someone you know may be being influenced by, or exposed to, extremist views, please TELL us.