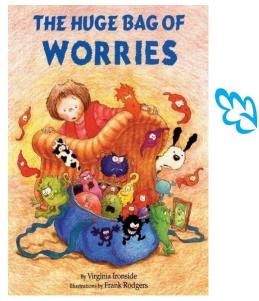




Keeping Happy & Safe





How do we help you keep safe in school?

Who helps you keep safe in school?

Who else could you go to to keep you safe in school?



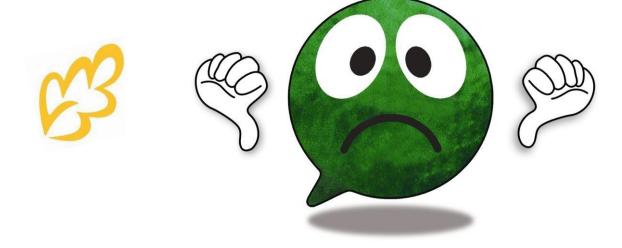






Bullying is when children are mean and unkind to each other, not just once but again and again. They might push a child around, leave them out, or send nasty texts or messages. This can hurt on the inside or on the outside, and often both.



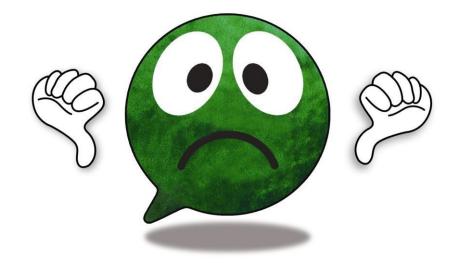


Bullying is NOT OK.



Neglect is when a parent or carer does not look after a child properly.

They might not give them enough food and drink, or the right kind of clothing. It can also be when a child is left on their own for too long. Buddy says...



This is NOT OK.







Physical abuse is when someone deliberately hurts a child's body. They might hit, kick, punch, bite or shake them. This may leave marks on the body such as cuts and bruises.

Buddy says . . .





This is NOT OK.





Emotional abuse is when an adult hurts a child's feelings. They might ... call them names, make fun of them or make a child feel bad about themselves. This hurts children on the inside. Seeing or hearing parents or carers hurting each other can also make a child feel bad.

Buddy says...





This is NOT OK.



Know the underwear rule. The underwear rule is a simple way to understand how you can stay safe. By learning five easy sayings you can help yourself and others, perhaps a younger brother or sister stay safe.





I don't like being tickled.





You are in charge of your body.

What can you do if you are made to feel uncomfortable

Say when you do not like something and talk to a trusted adult.

The job of adults is to keep you safe. If someone says it is ok to hurt you or do something you do not like . . . it is NOT OK and it needs to stop.



It is NOT OK.



At Pinewood



IT IS EVERYONE'S RESPONSIBILITY TO KEEP YOU SAFE AND WE ARE ALWAYS HERE FOR YOU TO TALK TO.



www.childline.org.uk

0800 1111

