



## **Weare Academy CofE First School**

# What if I feel worried?



This is a Safeguarding Policy for all children at

**Weare Academy First School.**

*We are all here to help and make you smile again.*



Sometimes people treat us in a way that makes us feel scared or hurt.

It is important to tell an adult when we are scared or hurt.



Some of the things that may be making us frightened are:



When someone (including adults) hits, kicks or pushes you or someone else.



When someone touches your body in a way you don't want them to or ask you to touch them. It may be touching your private parts or making you watch things you don't like.



When someone says bad things to you, bullies you or threatens you or someone else.



When the people who are supposed to care for you do not look after you such as give you enough food or sleep, help keep you warm and clean or take you to the doctor if you need to go.

## Where can things go wrong for me?

It could happen:

- In the street



- At home



- At a friend's house



- At school



- At a sports club



- Somewhere you spend your free time

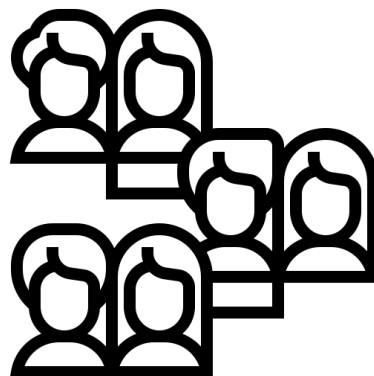


- On your computer or mobile phone



Some of the people who can make me frightened can be:

- A relative or someone in my family
- Someone at school
- Someone at a sports club
- Someone at church
- Someone where I live
- A friend
- A neighbour
- A stranger



Someone hurting you is always wrong. You being hurt is not your fault and you should always tell the person to STOP.

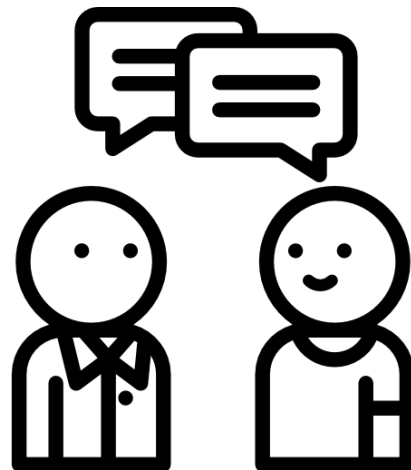


If you are feeling worried or are being hurt you need to tell an adult you trust, even if you are told not to.



These are some people you can tell:

- Someone in your family
- A family friend
- An adult at school
- A doctor or nurse
- The Police



If you tell someone and they do not help you, tell someone else!

You can also contact Childline or the NSPCC.

These are safe adults too and you can contact them **anytime you need to**.



## Who can I talk to at School if I am worried or being hurt?

You should be able to name at least 5 people. Hopefully you would name:

- your Teacher
- your Teaching Assistant
- your Headteacher Mrs Dover (DSL)
- your Deputy Headteacher Mrs Gibb (DDSL)
- Lana Whittaker, Lisa Woollon (DDSL)

