

In school we want you to be happy, safe and to learn.

What kinds of things might make me feel unsafe?

- Being hurt by an adult or another child.
- Being touched, by an adult or child, in a way you don't like.
- Not being looked after by people at home.
- Seeing people I love being hurt.

You can feel unsafe for many reasons:

EMOTIONAL: Hurting people's feelings, being asked to do something you do not want to do.

PHYSICAL: Punching, kicking, spitting, hitting & pushing.

VERBAL: Being teased & name calling, being shouted or sworn at.

RACIST/HOMOPHOBIC/SEXIST: calling you racist/sexist names or because of who you are and who you like.

CYBER/ONLINE: Saying unkind things by text, email & social media.

Do not be scared to tell someone, we will always listen.

When Is It Bullying?

**Several
Times
On
Purpose**

If you feel you are being bullied:

Do:-

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Use the Worry Box if you are too scared to speak openly about it
- Talk to your friends or older pupil
- TELL SOMEONE either in school or at home
- Keep telling someone, if it happens again

DON'T:-

- Follow their demands
- Get angry/ frightened/ upset
- Hit them
- Think its your fault
- Hide it
- Think it will go away



Child Friendly Safeguarding Leaflet

People to Contact

**Headteacher:
Mrs Helen Crowder**

Deputy Headteacher: Mrs Clare Canavan

SENDCO: Mrs Cathy Armstrong

**Our Safeguarding Governor:
Mrs Jane Corner**

Church Lane, Shevington,
Wigan, Lancashire,
WN6 8BD

01257 401125

enquiries@admin.saintbernadettes.
wigan.sch.uk

ChildLine
0800 1111

NSPCC
HELPLINE
0808 800 5000
help@nspcc.org.uk

All the staff at St. Bernadette's are here to keep you safe.

Your safeguarding team are:



Mrs Crowder Mrs Canavan Mrs Armstrong

Who else can help you in school?

Teachers, teaching assistants, lunchtime staff, sports coaches

What we will do?

We will listen to you.

We will always take you seriously.

We may need to work with other people (including people at home) to help protect you.

It is important you know

It is not your fault if someone is hurting or abusing you.

There is always someone who can help you.

If someone is hurting you, they might also be hurting someone else so it is important that you tell someone to make it stop.



There are good and bad touches

Good touches: • A hug • Help with getting dressed • Holding hands

Bad touches can be scary, hurt or be rude.

Parts of the body covered by a swimming costume or your underwear are private. Unless you need help with washing or dressing, or need to see someone like a doctor, no-one should touch this area on your body.

- ⇒ **Never share personal information online.**
- ⇒ **Don't respond to emails, texts, or messages from strangers.**
- ⇒ **Don't post or share photos online.**
- ⇒ **Don't click links, open attachments, or accept gifts from someone you don't know.**

Staying Safe Online

Cyberbullying
Use your **legs** to stand up to bullies online: don't allow people to speak to you rudely, tell them to stop and inform someone.

Relationships
Use your **heart** to be kind, caring and considerate when online.

Media Balance and Wellbeing
Think about how your **arms** can help you balance your time online: you don't want to spend too much time on there.

Privacy and Security
Listen to your **gut** to stay safe: if something doesn't feel right, tell!

News and Media Literacy
Use your **head** to ask questions about what you see online: it might not always be true!

Digital Footprint and Identity
Think about where you leave your **footprints** when you go online – different sites or comments you say will leave tracks behind.