

How to keep safe



We want to make sure that you are safe, healthy, happy and looked after, in and out of school.

Grown ups and other children - The grown ups in your life are there to **help** and **care** for you, but sometimes grown ups do **bad** things that can upset or hurt you. A safe grown up can help you, but you need to **tell them** what is happening.



Feeling safe and unsafe - If someone or something makes you feel **unsafe** or **frightened**, tell a safe grown up and they will make it stop. You should also get to a **safe place** as soon as you can as long as you know its ok to so.



Saying no - If a grown up or another child asks you to do something you know is wrong, or if you feel scared or unsafe, you can say no.

Touch - There are **good** and **bad** touches. **Good** touches are a hug, help with getting dressed and 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**.



Secrets - A **secret** is something we know but try not to tell anyone else. Sometimes we have been hurt, are afraid, or don't understand what's happened. If someone says we must keep a **bad thing** a secret, that's a **bad secret**. If you think you have been told to keep a bad secret, you must tell a safe grown up.



Telling a safe grown up - Safe grown ups are people who you trust to help you, just like your mum, dad or carer.





Need to talk? You can talk to any adult but these adults will ALWAYS be there for you - just tell them!



