

Important websites and phone numbers

Childline 0800 1111

NSPCC helpline 0808 800 5000

Textline 0800 056 0566

www.childline.org.uk

www.kidsmart.org.uk

School Phone numbers

Long Lane - 01332 824339

Marston - 01889 590373

Designated Safeguarding Leads

Mrs Bosley (Head Teacher)

Mrs Beloe (Marston)

Mrs McManus (Long Lane)

If you are worried about anything, talk to an adult at school. We are all here to help keep you safe



Safeguarding for Pupils

Being Safe and Staying Safe

June 2019

Being Safe on the Computer

<http://www.kidsmart.org.uk/>

Safe Don't give out personal information online.

Meeting someone you have only been in touch with online can be dangerous.

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!

Reliable if you like chatting online it's best to only chat to your real world friends and family

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

What you can do if you're upset

Talk to friends.

Talk to teachers.

Talk to dinner staff.

Go to the buddy stop.

Take 10 minutes to calm down.

Who can you talk to if you're worried?

If you're worried about something you can talk to your friends because they are always around. You can also talk to any member of staff. They will listen to you and try to sort out any problems.

How to deal with feeling angry

There are some simple things that you can do as soon as you feel angry, frustrated, or annoyed:

- Count to ten - it can help give you time to think and calm down
- Breathe slowly and deeply - in through your nose, out through your mouth
- Keep your voice slow and quiet
- Think before you react - does it matter enough to me to get so angry?
- Leave a situation - call a 'time out'