

# Safeguarding and staying safe

## Safeguarding means:

- protecting children from abuse and harm
- preventing harm to children's health or development
- ensuring children grow up receiving safe and effective care
- Making sure all children and young people have the best possible life chances.

## What are the issues?

children missing from education	missing children and adults	fabricated or induced illness	child missing from home or care
bullying / cyberbullying	relationship abuse	private fostering	forced marriage
drugs	trafficking	faith abuse	hate
domestic violence	sexting	mental health issues	child sexual exploitation
preventing radicalisation	female genital mutilation	gender based violence	gangs / youth violence

What are the most common problems?

The most reported problems to schools and social services are:

Emotional abuse

Neglect

Physical abuse

Abuse is never your fault.  
Someone might say it is, but  
abuse is NOT OK and it needs  
to stop.

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## Emotional abuse

Is when an adult hurts a young person's feelings.

They might call them names, make fun of them or make a child feel bad about themselves.

Seeing or hearing parents or carers hurting each other can also make a child feel bad.

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## 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.

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## Physical abuse

Is when an adult deliberately hurts a child.

This may leave marks on the body such as cuts and bruises.

bullying / cyberbullying	relationship abuse		
			hate
	sexting		
		gender based violence	gangs / youth violence

It is important to tell **family** and/or **school** if there are problems with your friends or in your peer group.



Should you tell us if there is something wrong?

YES! Asking for help is important.  
Trust us that we will always try to help you.

What happens once you've told us?

We listen.  
We don't keep secrets for you- we must pass your worries on.  
We will always try and get you the right support.

## What support is there for you?

In school support:

Tutors/ HOCs

Place to Be and counselling services

Support from professionals outside of school:

Doctors/ CAHMS

Social Services support

Family support workers

Police support

Keeping YOU safe is a key priority of schools.

How safe are YOU really?

Do YOU help to keep others safe?

Is staying safe a priority for YOU?

It is important to know what to do when you are put under pressure and feel uncomfortable, unhappy, or feel you have no power to refuse.

You need to consider the different risks you will meet in situations and need to decide how to behave responsibly.

You will need to judge what kind of physical contact is acceptable, or unacceptable.

You must have the confidence to ask for help when you feel unhappy and need support.

How many of these do you really do?

Don't post any personal information online – like your address, email address or mobile number.

Keep your privacy settings as high as possible

Never give out your passwords

Don't befriend people you don't know

Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do

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If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website and tell a trusted adult immediately.

Think carefully about what you say before you post something online

Remember that not everyone online is who they say they are

Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.

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Who to tell if there is a problem?

A responsible adult?

A family member?

A teacher, your tutor, your Head of College?

The police?

Ms Sullivan

Mr Ward

Ms Brown

Ms Lewis

Ms Judge



In school these are the staff who are  
**Designated Safeguard Leads and Child Protection Officers.**

They are specially trained to deal with issues that students may have and know who to get help from.