



# Safeguarding Leaflet for Pupils

How can I be safe and stay safe, what are my rights as a child?

What can I do if I am feeling worried about something that has happened to me or is happening to me? Who can I speak to?

Who is in charge of Safeguarding at Firs Primary School?

What should I do if I am asked to do something I know is risky?

What keeps me safe at Firs Primary School?

How can I stay safe on the internet and when using social media?

Why is the PANTS rule so important to remember?



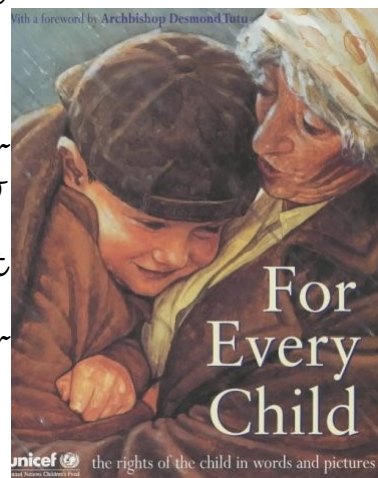
**Being Safe**  
**staying safe**

## What are your rights as a child?

We believe the 'Rights of the Child' are very important here at Firs. All of the teachers and staff want to make sure you are happy and we value the importance of being safe and staying safe.

We believe:

- All adults should do what is best for you.
- You have the right to give your opinion and for adults to take it seriously. You have the right to privacy.
- You have the right to be protected from being hurt and mistreated.
- No one is allowed to punish you in a cruel or harmful way.

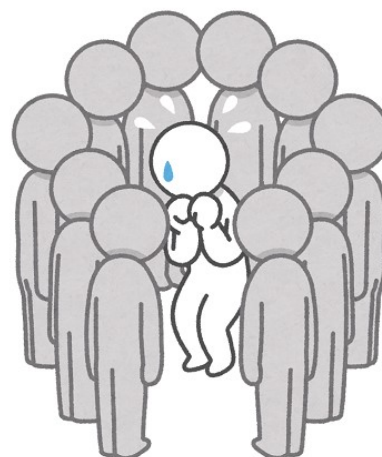


## Who can you talk to if you're worried?

- If you're worried about something you can talk to your friends because they are always around. You could also speak to one of our Dojo Masters or take some time to calm down in the Orchard.
- You can also talk to the teachers or a member of staff who you feel comfortable talking to. We are very lucky to also have Miss Talbot and Miss Broughton who are based in the Orchard, they are part of the inclusion team and is always willing to listen to you and to try to help you to sort out any problems.
- We also have two people who are in charge of keeping you safe – inside and outside of school. These people are called Designated Safeguarding Leads. If you tell a grown up, they will then share this information with these two people. They are Mrs Martin and Mrs Mugglestone.

## What should you do if you are asked to do something you know is risky?

- If you are asked to do something you know is 'risky behaviour' by another child (peer pressure) or adult such as smoking, drinking alcohol, taking or selling illegal drugs or any other act which you do not feel safe or comfortable doing you must tell an adult you trust straight away. These types of risky behaviours are serious and it is against the law for children to do any of these things. It is our responsibility as adults to safeguard and protect you.
- Sometimes gangs or organised crime networks exploit and use children to supply and sell drugs, often across counties, for them. This is known as 'County Lines'. If you are ever asked or forced to do this you must tell an adult you trust immediately and they have a duty to report it to the police.



### What keeps us safe at school?

- Rules keep us safe because they help us to look after each other. Identification badges must be worn by all staff and the doors to outside all need fobs to open them.
- Staff keep us safe by having fire safety practices with us and they are outside during playtimes and lunch times.
- The gates are locked during the day and there are fences all the way around school to protect us so that people can't just come in.
- Doors are locked to stop people getting in during the time we are in school. They will only unlock if a fob is used or if the fire alarm goes off, they will automatically unlock.
- We have an anti-bullying week.
- Other adults that visit the school have to sign in at the main office and wear visitor's badges.
- Staff are trained and carry out First Aid during break times.

### How can you stay safe on the internet and when using social media?



#### **ZIP IT**

Keep your personal stuff private and think about what you say and do online.



#### **BLOCK IT**

Block people who send nasty messages and don't open unknown links and attachments.



#### **FLAG IT**

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

If you see anything online which offends or worries you, stop what you are doing and speak to an adult immediately. They will be able to help you deal with it appropriately.



## Why is the PANTS rule so important to remember?



In school you will learn about PANTS rules, it is important to always remember the Pants' rules for staying safe, it is your body and you have the right to say 'no' to any unwanted or inappropriate touch.



### LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

**P** RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

**A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.

**N** O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

**T** ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.

**S** PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done or speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.

Remember all of these rules and they'll help you stay safe, just like Pantosaurus