



Always Remember

Be kind

Understand other people's feelings

Don't keep sad feelings to yourself—

Tell someone

You have the right to be safe and happy

Be the Best You Can Be!







Is someone bullying you?

You must tell someone at school so we can help you.

Do NOT Keep it a Secret!

Saying unkind things to you

Has someone said something to you or have you heard something that you do not like or upsets you?

Do NOT Keep it a Secret!



Touching you

Has someone made you feel uncomfortable about how or where they have touched you?

Do NOT Keep it a Secret!

someone!



Trying to give you tablets, cigarettes, drugs or alcohol

Has someone asked you if you want a tablet or to smoke a cigarette, or have a drink of something and you do not know what it is?

You MUST tell

Do not eat, drink or smoke what they are giving you.



Hitting, punching or smacking you

Has someone hit, punched or smacked you or hurt you in anyway?

You MUST tell someone!

E-Safety

Has anyone sent you unkind messages or threatened you?

Have you seen anything that has upset or worried you?

Do NOT Keep it a Secret!

Has someone off the Internet asked you to do anything that made you uncomfortable or worried you?



You **must** tell someone at school so we can help you. Examples of people you can tell are:

Your Teacher or Teaching Assistant or these Safeguarding Leads.

 Designated Safequarding Leads

