

If you need to talk, we will listen!

Don't keep it a secret if someone is ...

- bullying you
- saying funny things to you that you do not like or upsets you
- touching you in places that you know are wrong
- trying to give you cigarettes, drugs or alcohol
- hitting or hurting you
- sending unkind messages on the internet or mobile phone

*Always talk about secrets that upset you.*



Remember to speak to a trusted adult. If you are feeling sad, low or upset, this leaflet tells you all about who you can speak to in school. Childline can also help if you have worries and want to speak to someone about them.

WORRIED?  
YOU CAN TALK TO US

Call Childline on 0800 1111  
or visit [childline.org.uk/kids](http://childline.org.uk/kids)

Whatever your worry,  
you can talk to us. It's free,  
you don't have to tell us  
your name, and you can  
chat about anything.

childline  
ONLINE, ON THE PHONE, ANYTIME

LEARN THE UNDERWEAR RULE

TALK  
P  
A  
N  
T  
S  
AND YOU'VE GOT IT COVERED!

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP

Childline  
0800 1111

NSPCC  
Every child needs help. Full time



The Violet Way  
Academy

# Keeping you safe and happy

The staff at Violet Way want to make sure you are safe and happy.



We care



We celebrate individuality



We are brave



We leave no one behind

## You should be safe

At Violet Way Academy, we believe that it is wrong for anyone to hurt you. If they do, it is never your fault. You have the right to be safe and happy at school and at home.

If someone hurts you or if you see someone hurting another child, please tell a trusted adult. If you are worried about anything, you should speak to a trusted adult.

## Who you can tell



If you are being hurt by an adult or a child, in real-life or online, it is important to tell an adult you trust. If you are worried about talking to someone, you can also call Childline.

- Teacher or teaching assistant
- Other member of school staff
- Parent or carer
- Police
- Doctor
- Nurse



When you talk to someone in school, it is their job to listen to you and help you. Mrs Kee is our Headteacher but also has a special job to help keep you safe. You can speak to her and these other adults in school that have a special job to help keep you safe and happy.



Mrs Kee Mrs Dawson Miss Nicholson Mrs Magill Mrs Marler

## Things to remember

- You have the right to be kept safe from harm
- It is never your fault
- There are people that will listen to you and help you

### ADULTS MUST NEVER HURT YOU



## What you can do if you are worried

We try to provide a safe environment for you to learn in. We think it is important you know where to get help if you are worried. If you are worried about anything we have different ways you can let us know.

You can:

- Speak to a trusted adult in school
- Go with a friend to speak to a trusted adult in school
- Pop a note in the worry monster's mouth in your classroom or ask to use the one in Mrs Kee's office
- Pop a note in the worry box outside the dining hall
- Talk to your parents or other trusted adults at home—they can come and speak to us in school
- Visit Childline online [childline.org.uk](http://childline.org.uk) or call them free on 0800 1111



## Looking after your wellbeing

In school we encourage and support children to look after their wellbeing. It is OK to feel sad, frustrated or angry—these are normal emotional responses but we can support you to feel better. To help you look after your own wellbeing we have.....

Wellbeing Wednesdays

Singing and music

Circle time

Acorn Room

After school clubs

Lunchtime Clubs

Worry Monsters

Yoga and breathing techniques