

Dictionary words associated with Safeguarding

defend

shield

guard

secure

look after

protect

You can experience risk in many different arenas....



- Through the internet, you could be at risk of illegal activity or anti social behaviour - be it bullying, fraud or something more serious. Unlike seeing someone face to face, on the net, people aren't always what they first seem.
- In particular you could unwittingly be a target for those people who would seek to radicalise you or perhaps lure you into a world that puts you at risk of sexual abuse.

# Types of Abuse

## Physical

- when a person, pushes, throws things, smashes things, or threatens to physically hurt the other.

## Emotional

- Saying things on purpose to frighten the other person. Putting the other person down



# Sexual Abuse

- when one person makes the other do sexual things that they don't want to do. No one has the right to force someone else into sexual contact.

# How is this affecting me?

You've been dealing with a tough situation, and it's ok if it gets you down



*'I'm nervous all the time.'*

*'I used to feel like the violence was my fault. I wanted it to stop.'*

*'I feel like I don't want to be in what should be a safe place for me.'*

*'I have nightmares and can't sleep.'*

*'I get depressed like I can't be bothered with anything.'*

*'I feel like I'm not as good as other people.'*

*'I am confused about how I feel about certain adults or students'*

*'I get angry at everyone'*

You have a right to be protected from harm (which includes abuse and neglect)

## Common Thoughts

- Why me?
- Is it my fault?
- I worry about others
- Who can I talk to?
- Who can I trust?
- I really want to tell someone but.....



**We know this is really hard ..**

**BUT** -THERE ARE A NUMBER  
OF DIFFERENT PEOPLE,  
ORGANISATIONS,HELPLINES  
AND WEBSITES THAT YOU  
CAN TURN TO IN ORDER TO  
TAKE THAT **FIRST** STEP

Talk to your parent or carer





Talk to a member of staff



- Form tutor
- Pastoral Manager
- Head of House
- Your SLT link
- School counsellor
- School Nurse

Any member of staff

-All staff including the premises team and canteen staff are trained to deal with safeguarding concerns.

# Pastoral Team- just in case you are not sure of who is who!

	Oxford	Yale	Harvard	Cambridge	Imperial
PM	Mrs. Bradbury	Mrs. Kemp	Mrs. G	Mr. Brazier	Mrs. Holter
HoH	Mr. Eldridge	Mr. Anstey	Mr. Wilkinson	Ms. Andrews-Dawson	Mr. Whiteman
SLT	Ms. Hillman	Mrs. Davies	Mr. Sadler	Mr. Gordon	Ms. Simon

# Designated Safeguarding Leads

Ms. Hillman (Designated Safeguarding Lead)

Mrs. Davies (Deputy Designated Safeguarding Lead)

You can always come to us directly to share a concern

# Local places/people that can help

Name	What they do	How do I contact them?
i-rock	Give support around wellbeing, education, employment, housing and mental health.	<ul style="list-style-type: none"> <li>• <a href="mailto:irockhastings@gmail.com">irockhastings@gmail.com</a></li> <li>• Walk in clinic every Monday, Wednesday and Friday from 11 to 7 at Rock House 49- 51 Cambridge Road Hastings.</li> </ul>
Adult in a club you attend	All adults working with children e..g sports coach/swimming teacher/youth club leader have appropriate safeguarding training	You could approach them and say that you have a concern
Your G.P	They will give you advice about what to do and what they can do to help you	Make an appointment at your surgery. Give them a ring

# On-line avenues of support

Name	What they do	How do I contact them?
Childline	They will give you confidential and expert advice about your concern.	Phone 0800 1111 App called 'For Me.' <a href="http://www.childline.org.uk">www.childline.org.uk</a>
NSPCC	Give confidential advice about all issues related to abuse or neglect.	Phone 01424 428833 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Samaritans	They will give you support to discuss your concern and signpost you to other places for help.	Phone 116 123. <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
Thinkyouknow	Gives advice about internet safety in particular.	<a href="http://www.thinkyouknow.co.uk">www.thinkyouknow.co.uk</a>
The Hideout	Provides help, information and support for children and young people affected by domestic violence. It includes advice sections and hotline contact numbers.	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>
The Mix	Advice on all issues from mental health to money, from homelessness to finding a job, from break-ups to drugs.	Phone 0808 808 4994 <a href="http://www.themix.org.uk">www.themix.org.uk</a>

# Remember....

You are **not** alone. It is **not** your fault. Help **is** available.

"I couldn't stop worrying about what was happening. The person said it was a secret. I just wanted to be normal."

"Now I know that abuse IS NOT OK"

You deserve to be happy. You deserve to be safe

# Childline

<https://www.youtube.com/watch?v=0WPezz3UcA8>

<https://www.youtube.com/watch?v=fCA6EhBhiC8>