



SPEAK OUT STAY SAFE WITH

# nspcc

Over 40,000 children across the South East of England have learnt to stay safe from abuse thanks to leading children's charity, the NSPCC. They have been learning about abuse in all its forms, how to stay safe, and who to go to for help should they ever need it.



With help from Buddy the ChildLine mascot making visits to local schools, the Speak Out, Stay Safe campaign delivers essential safeguarding messages in a lively, interactive and memorable way. By the end of Buddy's visit, children have had fun, feel empowered, and can speak out and stay safe.

Sarah Walker, area coordinator for the programme in Kent and Medway, explained: "We know that at least two children in every primary school classroom will have experienced some form of abuse or neglect – a truly shocking statistic."

Amanda Rocca, area coordinator for the programme in Sussex, added: "But just imagine if we could give these children the knowledge to prevent, the confidence to speak about, and the courage to seek help if they need it. By visiting every school every two years we could prevent children from experiencing abuse, one generation at a time."

The service launched in 2011 after research showed that the majority of children who contact ChildLine are over 11 years of age. Many said that the abuse had begun years before they picked up the phone. The programme is aiming to reach a generation of children to inform them about abuse, potentially before it starts. And in

April 2016, the NSPCC's Speak Out Stay Safe campaign will see the biggest national launch of its kind, as the programme will roll out nationwide to reach children as young as 5 in an effort to protect larger numbers of youngsters from abuse and neglect.

The ultimate aim is to educate a generation of children about abuse, including bullying, sexual abuse, neglect, and domestic abuse. It is important – it's essential – that children understand what abuse is, and that they recognise it so that they really can speak out and stay safe.

The programme itself is delivered by trained volunteers through a special school assembly and an interactive workshop. All sessions are very carefully tailored to suit the age of the children so that the message can be delivered without frightening the very youngest, and without 'speaking down' to older children who might be turned off if the message was given to them in the wrong way.

Speak Out Stay Safe is setting itself an ambitious target – to bring the programme to every primary school in the country every two years, reaching 1.8 million children. But it is such an important message that there is no option other than to simply go for it. Each child must be protected.

#### How is the service delivered?

Speak Out Stay Safe is delivered by specially trained NSPCC staff and volunteers. It consists of assembly presentations for both infants and juniors followed by a one-hour classroom workshop for children in years 5 and 6. All sessions are delivered with the help of Buddy, the ChildLine mascot. By the end of the workshops, all children will be able to:

- understand abuse in all its forms and recognise the signs of abuse
- know how to protect themselves from all forms of abuse
- know how to get help, and the sources of help available to them, including ChildLine

So far, the service has been to more than 470 schools in Kent and Sussex, but the charity wants more schools to sign up. This is completely free of charge, and could make all the difference when it comes to an abused child. Schools also have the option of supporting this essential work by taking part in fun sponsored events, and are provided with engaging and entertaining ways to take part. Children really enjoy supporting Buddy to visit even more schools!

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The programme has been carefully worked out, and is great for schools as it links directly to the curriculum, helping with schools' responsibility to provide evidence that they are meeting their statutory requirements.

East Stour Primary School received a visit from the charity's volunteers last year. Their family liaison officer said: "The assemblies and workshops were really good, and delivered in a professional and caring manner. The children and staff all enjoyed them. I personally sat in on two sessions and was very impressed with how the volunteers and children worked together."

Seymour Primary School in West Sussex also had a visit from the charity. The school said: "The volunteers were superb and pitched it perfectly for the children. It can be tough to deliver such sensitive topics but they worked really hard to put all of the children at ease and to ensure that every child was involved in the workshops."

"I would absolutely recommend the service to other schools and will be passing the details on. The message is so important, it is essential that the children know and understand not only how ChildLine can support them but how other trusted adults can too and this was reinforced by the service."

The Speak Out Stay Safe programme is just one segment of a whole range of resources and training available to teachers and school staff completely free of charge. The NSPCC also offers information on The Underwear Rule, which includes lesson plans and other resources to help teachers keep children safe from abuse, and The Share Aware campaign which is another resource available to teachers and practitioners to help provide children with specific online advice.

The programme relies on dedicated volunteers to deliver the assemblies and workshops and is always on the lookout for people who can help.

*Volunteers will need to be available for:*

- 2 school visits a month (during term time)
- an e-learning training module
- a 2-day training workshop

*Volunteers will need to be the kind of person who:*

- believes in the empowerment and protection of all children
- has the confidence to speak in front of a group of primary school children
- can communicate and engage with children
- has basic IT skills and regular access to email

To find out more about how to volunteer, or to arrange for the Speak Out Stay Safe programme to visit your school, please go to [www.nspcc.org.uk/schools](http://www.nspcc.org.uk/schools)

In Kent, contact Sarah Walker, Kent and Medway area coordinator, on [sarah.walker@nspcc.org.uk](mailto:sarah.walker@nspcc.org.uk).

In Sussex, contact Amanda Rocca, Sussex area coordinator, on [amanda.rocca@nspcc.org.uk](mailto:amanda.rocca@nspcc.org.uk).

**Useful numbers**

Adults worried about a child can contact the free NSPCC helpline on **0808 800 5000** or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk). Parents can also ask for parenting advice from trained practitioners.

If you're a child and need to speak to someone, call ChildLine free and in confidence on 0800 111 1 or visit [www.childline.org.uk](http://www.childline.org.uk) for advice or to chat online with a trained counsellor.

For advice on how to keep your child safe online, the NSPCC has teamed up with O2 and set up an online safety helpline. Call **0808 800 5002** for advice on anything from parental controls, privacy settings, and how to talk to children about staying safe and being careful about what they share on social media and apps. Data roaming from all O2 mobile devices to the ChildLine website is completely free and will not use up any allowance.

