

There is also a special phone number called Childline: they are here to listen to worries too.



Abuse

When someone hurts you it is called abuse. This is when someone does something harmful, unpleasant or painful like:

- If someone deliberately hurts you or puts you down in any way.
- If someone does something to hurt your feelings, which makes you feel scared or upset.
- If someone shouts, threatens, hit or hurts someone you love or care for you should always tell an adult so the problem can be sorted out.
- If some touches you anywhere on your body or asks you to look at things which make you feel uncomfortable.

Abuse is never ok and if you are being or have been abused you must remember- it is never your fault. You must always tell someone and they will help it to stop.

Tips for keeping yourself safe

Bullying – If you think a grown up or child is bullying you or someone you know you must tell someone you can trust. It won't stop unless you do.

Saying funny things to you – If a child or a grown up says something to you that you do not like or that upsets you, you must tell someone you trust.

Touching you – Your body belongs to you and not to anyone else. This means all of your body. If someone touches you on any part of your body and you don't like it, you must tell someone you can trust as soon as you can.

Hitting, punching or smacking you – If a child or a grown up does any of these things or hurts you in any way, you must tell someone you can trust as soon as you can.

Secrets – Secrets such as surprise parties are fun, but some secrets are not good and should never be kept.

Presents – Presents are great things to get, but you should not take a present from anyone without checking with a trusted grown up first.

On the computer, game stations or your phone – Computers game stations and mobile phones are great fun and help us share things and talk to our friends and family, but they can also make it easier for bullies or other people who want to hurt you to get close to you. It is important to know how to keep yourself safe on your computer, game stations, phone and on websites. If you are unhappy with any comments or photographs you have seen on your devices then you can speak to any adult that you trust.

What happens next?

If you have reported something to an adult at AECPS they will talk to you about it.

Sometimes a member of staff will need to check things with your head teacher and they will deal with the problem.

They will ask **you** how **you** would like to deal with the problem.

They will probably talk to your parents.

There are times though when they have to contact different people like child social care, or police but this will only happen if it cannot be sorted out in school.

Your Head teacher (Mrs Walsh) will talk to you and explain everything you need to know and she will talk you through all the important information, you can also ask her questions about anything you're unsure about.

AECPS staff want to make sure you have the best life chances and you can grow up happy and successful.

**Keeping
children safe
is everyone's
responsibility**



AECPS - Making a Difference