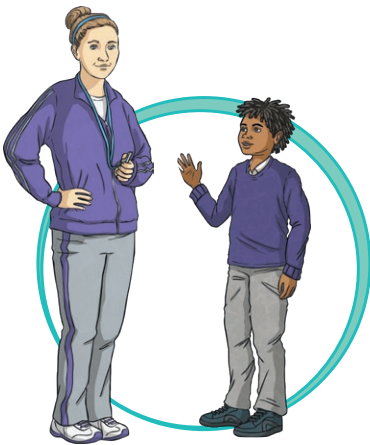


# Keeping Safe



## I'm Feeling Worried....

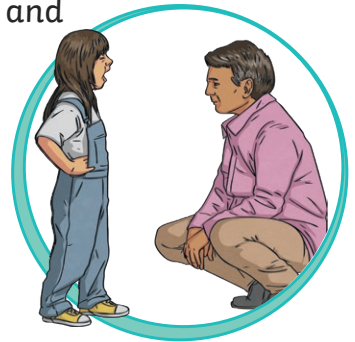
- Being bullied - someone being unkind to you physically or emotionally
- Something happening at home that is making you feel uncomfortable or unhappy
- Someone hurting or threatening you
- Something online that has made you feel uncomfortable or upset
- Another problem... nothing is too small or silly!



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## What can I do?

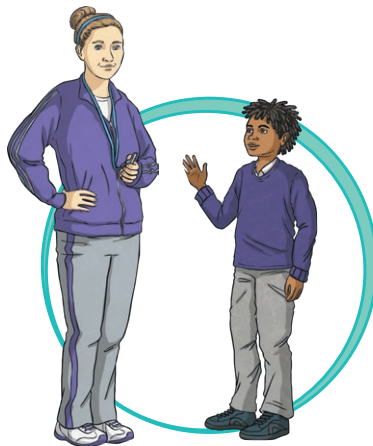
- Tell a parent, carer, family member or other **trusted grown-up**.
- Tell a trusted grown-up in school.
- Write down what is upsetting you and give it to an adult in school.



## Who can I talk to in school?

You can talk to **anyone** in school about anything that is upsetting you. It could be:

- a teacher
- a teaching assistant
- the headteacher
- a mealtime supervisor



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## What will happen next?

You have a right to be safe. If you talk to an adult in school, we will:

- listen to you carefully;
- find out what is happening;
- do everything we can to sort it out;
- keep you safe!

