

How to keep myself and others safe at school.

1

What is not okay?

Something which usually physically or emotionally **hurts** another person by using behaviour that is meant to **scare**, **hurt** or **upset** that person.



2

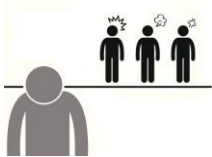
Bullying

Bullying is when another person does something to hurt you or make you feel sad or upset several times and on purpose.

3

Pictures, Videos or Messages

This could be: sending **pictures, videos or messages** that are unkind and could make someone else upset.



4

Unsafe touch

Sometimes people can act in a way that makes you feel uncomfortable by something they say or do, such as:

- Messing with your clothes.
- Touching your bottom.
- Touching other private areas.
- Being shown someone's private areas.

5

Good relationships – You feel **safe** and **trust** someone.

Bad relationships – Someone makes you feel **scared** or **worried**.



6

What do I do if I or someone else needs

Tell an adult you can TRUST.

7

Who can I talk to in school?

All adults in school are here to listen if you have a worry. You may wish to speak to one of your trusted adults which may include a member of the Wellbeing Team.



8

How can I keep myself and others safe?

- Thinking about people's **feelings** before we say or do something.
- **Talking to someone** when we are worried.
- Being **kind, friendly** and **respectful** to others.

