

# St Benedict's Catholic College



## Safeguarding & Child Protection

**'Talk to a trusted adult - someone in the family or someone at school - if anyone says or does anything that worries or frightens you'**



### Information for students

# Safety and welfare

We believe that your safety and welfare is very important.

Schools have a special responsibility to safeguard and promote the welfare of all students. This means we should notice if students are being treated badly, listen to you if you want to talk to us about a problem and take advice from other professionals if you need extra help.

Students are nearly always safe at home, at school and in the community, but sometimes things can happen to make them worried, upset or afraid.

When young people are hurt in some way by an adult or an older young person this might be what is called child abuse. If we think a student has been harmed or is at risk of being harmed we have a set of rules we follow to help to

protect them. These rules are called safeguarding procedures and a copy of our safeguarding policy is available on the school website.

Although your safety is the responsibility of adults there are ways you can help yourself to keep safe too so we have given you some tips to think about.

A list of people you can talk to if you are worried, upset or afraid is included on the back page of this booklet. Remember, you don't need anybody's permission to talk about your worries and you have the right to talk to anyone you wish.



## What we do to keep students safe

The school does lots of things to help you to stay safe. Here are some of them:

- We have a safeguarding policy. This policy explains how children might be harmed, the signs to look for and what staff should do.
- We have other policies that provide information for staff and students about things like bullying, internet safety and physical contact.
- All staff go through a check to assess their suitability to work with children.
- All staff are trained to recognise signs of abuse and neglect and know what to do if they are concerned about a student's welfare.
- We encourage students to tell us when something is wrong.
- We respect all students as individuals and we don't tolerate discrimination.
- We give students information to help them keep safe.
- We do risk assessments to test whether an activity is going to be safe for students.
- We have a health and safety policy that covers such things as fire regulations, first aid, food safety and generally ensuring the school premises are safe.
- **Mr Deasy, Miss Drake and Mr Johnson** have received special training in protecting children from abuse and neglect and they make sure the safeguarding procedures are followed.
- We work in partnership with parents/carers/guardians to keep their children safe.
- If necessary we talk to other people such as social workers and police officers if we think a student has been harmed or might be harmed by an adult.

# Ten tips for keeping yourself safe

Adults often take action to keep themselves safe. Young people can also take action to keep themselves safe. Here are some ideas:

1. Look confident. People are less likely to pick on you.
2. Try to go places with friends. If you do go out alone always tell someone where you are going and what time you will return.
3. Talk to a trusted adult - someone in the family or someone at school - if anyone says or does anything that worries or frightens you.
4. Don't worry about breaking rules if you feel afraid.

It's OK to shout at or run away from an adult who is trying to hurt you.

5. Carry a mobile phone and put emergency numbers - your parents, police, a trusted adult - on speed dial so you can make a call quickly if you need to.
6. If you are taking a bus or train, make sure you have enough money for the return journey. Don't accept money from someone you've never met before.
7. Don't accept a lift from someone you've never met before. Call someone to pick you up.
8. Stick to well-lit areas where there are people around if you need help.

9. Remember that alcohol and drugs can harm your health and can also encourage you to take unnecessary risks.

10. This may seem silly – but if someone is frightening you and you can't get away, pretend you are going to be sick over them. It makes them move back, giving you a chance to run.

Remember, if an adult or an older young person tries to hurt you it's not your fault. You don't have to do what they say just because they are an adult or older than you.

**'Don't accept a lift from someone you've never met before. Call someone to pick you up'**

## Ten tips for keeping safe online and on the phone

Mobile phones and computers are a part of everyday life for most young people. Used correctly, they are an exciting source of communication, fun and educational, but used incorrectly, or in the wrong hands they can be a threat to your safety. You might receive insulting or abusive texts or emails, or you may talk to someone in a chat room or on a social networking site who isn't who they say they are and who is not a safe person to be talking to.

### Here are some tips for keeping yourself safe on the mobile phone and online:

- Don't put up with abusive texts, photos or videos. Show them to an adult and make sure the person who sent them knows you are taking action to stop them. Keep, don't delete until the

problem is sorted.

- Think about the language you use in texts. If you wouldn't like it said about you, don't say it about anyone else.
- Don't lend your mobile to anyone unless it's an emergency.
- Don't reveal your full name, address or phone number to people you meet on the internet unless you check it out with your parent or another adult first.
- Don't allow anyone online to trick you into doing something against your wishes or something you know you shouldn't do.
- Remember that any emails you send or photos you upload to the internet can't be destroyed. They're there forever. Think before you post something you might later regret.

- Never arrange to meet up with someone you meet online until you tell your parents or another adult. Most people are safe but some are dangerous.
- Block any users who you are unsure about and break off contact with anyone who makes you feel worried.
- Don't use your real name in chat rooms or use any handle or nickname that reveals personal details, such as the town or street you live in.
- You can report internet abuse at the click of a button on a really good website

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## Share concerns

If you are ever concerned about your safety or well-being or about the safety of another student, you should talk to someone such as a parent/carer/guardian, and/or a member of staff in college such as Mr Deasy, Miss Drake, Mrs Cashman, Mrs Hallows, Mrs Jennings, your Form Tutor, or

any other member of the college Senior Leadership Team, or the college Special Educational Needs and Disabilities team.

Talking about a problem helps, and if the problem cannot be resolved by the member of staff that you have talked to, they will find other people to help.

**'Don't allow anyone online to trick you into doing something against your wishes or something you know you shouldn't do'**



### Designated Safeguarding Team

**Designated Safeguarding Lead**  
**Mr J. Deasy** (Assistant Principal)

**Deputy Designated Safeguarding Lead**  
**Child Sexual Exploitation Champion**  
**Miss H. Drake** (Pastoral Manager)

**Deputy Designated Safeguarding Lead**  
**Mr P. Johnson** (Assistant Principal)

For more information on staying safe and to access links to staying safe websites visit the **safeguarding page** on the college website.

## Other useful contacts

**'Talk to a trusted adult - someone in the family or someone at school - if anyone says or does anything that worries or frightens you'**

If this isn't possible you can contact the **Police**, telephone number **101**, (in an emergency, always ring **999**), or contact the **Family Operations Hub** for **social care** enquiries, **0345 603 7627** (office hours), **0345 606 1212** (out of office hours), and pass your concerns on directly to them.

Help for children & young people:

**CHILDLINE 0800 1111**  
Online counselling for young people:  
[www.kooth.com](http://www.kooth.com)

**NHS Direct: 0845 4647**

**The Samaritans:**  
**08457 90 90 90**



**TALK  
TO  
FRANK**

**Talk To Frank** - If you would like to know more information from the UK Government backed site covering all drug related questions in a no nonsense frank way, you can call FRANK free, 24 hours a day, 365 days a year.

**Talk to Frank:**  
**0800 77 66 00**