

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.

Other useful contacts

If you do not feel you can talk to anyone at home or school you can contact the Police, telephone number 101, (in an emergency, always ring 999).

Help for children & young people:
CHILDLINE 0800 1111

Online counselling for young people:
www.kooth.com

NHS Direct:
111

Family Lives, parent and family support organisation:
0808 800 2222

The Samaritans:
08457 90 90 90

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



Founded 1879

St. Aloysius' College

Safeguarding Information for Students

Revised September 16

St. Aloysius' College is committed to safeguarding and promoting the welfare of children

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 you 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.

Most young people 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 you. 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 leaflet.

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 to do to keep you safe

The school does lots of things to help you 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 Lawrence, Mr Mugglestone and Ms Evans 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.

Share concerns

If you are ever concerned about your safety or wellbeing or about the safety of another student, you should talk to someone such as a parent/carer/guardian, and/or a member of staff at school such as you Form Tutor, Head of Year and any other member of the school Senior Leadership Team (SLT), or the schools Special Educational Needs and Disabilities Co-ordinator (SENDCO).

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

Designated Safeguarding Lead:
Mr Lawrence

Deputy Designated Safeguarding Lead:
Mr Mugglestone

Safeguarding Team:
Ms. Evans

SENDCO:
Mrs Switonski