

### Problems within school

If you are at school and you have a problem this is what to do.

Tell:

- A Teacher
- A Teaching Assistant
- A Peer Supporter
- A friend to tell a teacher
- Dinner Lady
- Family members  
(brothers/sisters)
- Friends
- A trusted and responsible adult
- Pupil Governors.

### Problems outside school

If you have a problem tell an adult because it could get worse.

Don't be nasty back to the person if you are being bullied because it could become physical.

If you are online and something is bothering you tell an adult that you trust.

If you are at home and someone is bullying you tell someone that you trust at home or school.

# E-Safety & General Child Safety Leaflet



Inside this leaflet you will find things to help keep you safe.

You will find out who you can go to for help at school and at home.

If you have a question that has not been answered then we hope we can give you ideas of who you can ask.

*This was created by the Pupil Governors  
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# KEEP CALM AND Stay Safe Online



## E-Safety

Remember if you have any social media apps make sure your account is private so that only you and your friends can see what you post.

Other tips:

Use a nickname instead of your real name!

Never post messages when you are angry!

Don't put your details online (phone number, address, name or where you go).

Don't post pictures of yourself online unless you have an adult's permission.

If someone sends you a message that you don't like tell an adult and if necessary report them!

Don't talk to anyone except your friends unless an adult asks you.

Don't talk to strangers because they may not be who they say they are!

Don't go on the internet without an adult's permission unless you are old enough!

If someone sends you any nasty things don't retaliate!

## Bullying

### What Are Bullies?

Bullies are people who think it is okay to treat someone in a horrible and unpleasant way.



### How Do I Know If Someone Is Being Bullied?

You know it's bullying if it's something that happens regularly or on a daily basis.

Bullying can be both physical and emotional. Neither are acceptable.

Not everybody is confident, but you can learn to stand up to bullies. **'Make A Noise'**

However, if you're not a confident person, go to a teacher, tell someone, whether it's a parent, or a trusted adult. **Tell them how you feel.**

**If You're Being Bullied Or Know Someone Is Being Bullied, Make A Noise, Say No To Bullying.**

## Road Safety

Step 1: STOP!

Step 2 : Look and listen for the vehicles.

Step 3 : Cross the road if safe.

Step 4 : Still look when crossing.



Cross it safely.



Never run across.

## Stranger Danger

Do not speak to people that you do not know on any computers.

If strangers approach you in the streets SAY NO! **'Make A Noise'**.

Some people say that they are someone else so that you talk to them, ALWAYS tell an adult that you can trust.

There are bad people online so be careful who you are talking to.