



# SAFEGUARDING IS EVERYONE'S RESPONSIBILITY

**It is important to us that you feel SAFE.**

If you are worried or concerned about yourself or someone you know, talk to your Teacher or Learning Mentor or come to Reception and ask to speak to a Safeguarding Officer.

**You can also contact:**

**Childline on: 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)**

**Samaritans on: 08457 909 090 or visit [www.samaritans.org](http://www.samaritans.org)**

**Hopeline UK (Papyrus) on: 0800 068 41 41**

All our Safeguarding Officers wear a rainbow coloured lanyard along with their ID card.

# HOW CAN I BE HURT?

## Physical Abuse

People should not touch you in a way that hurts. People should not hit, kick, pinch, burn or push you, or bind or tie you up.

## Sexual Abuse

People should not:

- Touch you if you don't want them to
- Make you touch them if you don't want to
- Say sexual things to you if you don't want them to
- Make you touch the sexual parts of their bodies if you don't want them to
- Make you take part in a sexual act with them if you don't want to

## Financial, Money or Material Abuse

People should not steal from you. People should not bully you into handing over your money or things you own.

## Neglect

If you have personal care support, people who are there to help you should not neglect or ignore you.

People should not take away your rights to basic living needs such as shelter, food and water, clothing and medicine. People should not take away your right to make your own choices.

## Exploitation

People should not groom or coerce you into doing things that are against the law.

## Online abuse

People should not frighten, harass or groom you online.

## Psychological or Emotional Abuse

People should not upset you by bullying or teasing you.

## Discrimination

People should not treat you badly because of your:

- Age
- Disability
- Gender
- Ethnicity
- Religion
- Sexuality

## Self-harm

Sometimes young people try to hurt themselves to deal with overwhelming feelings. This can include:

- Cutting
- Burning
- Scratching
- Hair-pulling
- Overdosing