



Staying Safe in St Ninian's Primary

You have the right to feel safe, happy and listened to at school.

What does staying safe mean?

Staying safe means that adults in school work hard to protect you, care for you and help you feel secure. If something makes you feel worried, upset, confused or uncomfortable, it is always okay to ask for help.

Who can help me?

You can talk to any trusted adult in school such as your teacher, support staff, playground staff or senior staff. Some adults have special safeguarding roles to help keep children safe. You may see posters in school showing who these adults are.

What should I do if I am worried?

Tell an adult as soon as you can. You can talk to more than one adult if you need to. Adults will listen carefully and take you seriously. They may need to share the worry with other adults to help keep you safe. This is to protect you — not to get you into trouble.

Keeping safe online

Be careful what you click, watch and share online. Some people online may not be who they say they are. Never share personal information or pictures that make you feel uncomfortable. If something online worries you, tell a trusted adult.

Looking out for each other

We all help make our school a safe place by being kind, respectful and helpful. If you see someone being hurt, bullied or upset, tell an adult so they can help.

Remember:

- ✓ You are not alone.
- ✓ You never have to keep a worry a secret.
- ✓ Asking for help is a brave and good choice.

