

# Keeping Safe at Solent Junior School



# If you don't feel safe

There are lots of people in school who can help you if you don't feel safe. You can speak to your teacher, your LSA, your MA or any school adult, at any time.

There are also people in school who have had special training to try to help make you feel safe again. You, adults at home, or your friends can always talk to one of these people.



**Mrs Wilby**



**Mrs Peterkin-Aldred**



**Mrs Young**

You can call this number at any time if you do not feel safe.

**Childline 0800 1111**



You can also visit this website for further information.

**NSPCC** [www.nspcc.org.uk](http://www.nspcc.org.uk)

# NSPCC

**Everyone needs to feel safe so they can feel happy and do their best.**

## What might make us feel unsafe?

- Being hurt by an adult or another child
- Being touched in a way I don't like
- Not being looked after by people at home
- Seeing people I love being hurt

## Remember the PANTS rule



**If anyone is making you feel unsafe, it is not your fault.**

**What should I do if I am worried about something or about a friend?**



**REACH OUT!**

- Tell an adult in school
- Tell an adult at home
- Ask a friend to come with you to speak to an adult