

Staying Safe & Happy



This leaflet is for KJS children.
Children, staff & governors have created it together.



If you're worried about anything ...

**Speak out
Stay Safe !**



Because we deserve...

To be safe.	To come to school.
To learn.	To be happy.
To be heard.	To grow up successfully.

Why might I be worried?

- **Someone is hurting or scaring me**
- **Someone is making me feel bad**
- **Someone is not looking after me**
- **I'm worried about school or my homework**
- **Someone using words to bully me (could be on-line/on phone)**
- **Someone's asking you to do things you're not happy with. (Could be on your phone, on a game or in person)**
- **I'm worried about someone in my family, parent or carer**
- **I'm worried about an animal / pet**
- **I'm feeling lonely**
- **I'm worried about a disability or needs that I have**
- **I'm worried about making the right choice**
- **I think someone is lying to me**

What about Bullying?

Bullying is when someone hurts us...

Several

Times

On

Purpose

This could be

- Physical
- Verbal
- On-line

(Phone, games, tablets, computers)

So what should I do if I'm worried or bullied?

- Talk to an adult you trust, like a teacher.
- Share your worries even if it's about school, home, friends, children or adults. Don't go-it alone!
- Don't forget staff are trained to help you. They will listen and get the help you need.
- Remember it's not your fault! 

"What if I'm not at school?" Ring -->
Or visit



www.childline.org.uk/get-support/

We can help you if you're just not happy with something!

For example:

- ★ **You don't think you're getting enough help**
- ★ **You're not being treated fairly**
- ★ **You don't think something is right**
- ★ **You're worried about something online /on your phone**
- ★ **You have a complaint**

If so ... you should do at least one of the below

- ★ **Speak to your Teacher**
- ★ **Speak to another trusted adult**
- ★ **Put a note in the worry box/monster**
- ★ **Speak to Mr Turner**



Making Friends & Keeping Friends

It can be hard to keep friendships going.

Here are some top tips from our pupils:

Look after each other and be a good friend to them!

Choose something your friend would like to do. (Then they'll do that for you too).

Encouraging your friends.

Help them to do the right thing.

Remember sometimes they might be worried, unhappy. Are you helping them?

Don't argue over little things, find a solution!

Don't limit friendships, you can share!

Be kind. Behave how you would like others to behave

Be yourself. A true friend will respect and like that.

Don't forget you can get help from adults, play leaders and other friends.



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