Children's Safeguarding Policy

Keeping you safe.

Hurst Hill Primary is our school and we want it to be a safe place for all children and adults. All adults at Hurst Hill Primary will do all they can to always keep you safe and teach you how to keep yourself safe. We follow a Safeguarding policy which helps us understand what to do to ensure everyone's safety. This Children's Safeguarding Policy is for you. This policy is a document with advice and support to follow to make it easy to understand what Safeguarding means to you and to help you decide what could be a "problem" and who you should talk to. In our school we respect you, we listen to you and we help you protect your rights.

Who can help you?

Any adult in school can help you and we know you might feel more comfortable talking to an adult you know well. There are some members of staff who are specifically trained to safeguard you and they might want to talk to you as well. There are posters around school telling you who these people are and there are photographs so you can recognise them too. Other adults in school can help you too as well as you parents or carers. These are called safe adults.

This is what our poster looks like:

Why do we need this policy?

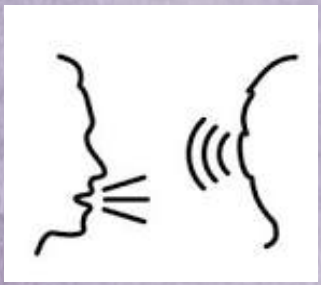
We want every child to feel happy and safe.
You have the right to be treated kindly and fairly.
When someone hurts you or treats you badly, that is called **abuse**. Abuse is never OK.

Abuse can be:

- Someone hitting, hurting or injuring you.
- Someone saying or doing things that make you feel sad, scared or upset.
- Someone shouting or hurting someone you love while you are there.
- Someone not looking after you properly – like not giving you food, clean clothes or care.
- Someone touching your private parts or asking you to touch theirs.
- Someone showing you pictures or videos that make you feel embarrassed or uncomfortable, or asking you to keep it a secret or giving you presents.

Abuse can happen **in person or online**.
If this happens, remember:

- It is **not your fault**.
- You are **not alone**.
- Tell a grown-up you trust and they will help make it stop.



Do not be scared to tell someone straight away.

We will ALWAYS Listen

What we will do to keep you safe.

Every child should be able to enjoy their right to a happy and safe childhood and as a Rights Respecting Gold school we uphold the UN Convention of rights:

Article 3. All adults should do what is best for you.

Article 12. You have the right to be listened to and taken seriously.

Article 16. You have the right to privacy.

Article 19. You have the right to be safe and looked after away from harm.

Article 24. You have the right to be healthy.

- We will do our best to spot if there is a problem - *article 19*
- All of the staff in the school have had lessons in how to keep you safe - *article 19*
- We will listen to you if you need our help and want to talk to us- *article 12*
- We will work with other people (including the people at home) to help protect you and solve any problems you may have - *article 3*
- We will always take you seriously - *article 12*
- We will support and encourage you and will respect your wishes and views - *article 12*
- We will never share details about you online - *article 16*
- We will show you how to keep yourself safe during our lessons - *article 19*

How can you keep yourself safe?

Grown-ups and other children

The grown-ups in your life are there to **help** and **care** for you, but sometimes grown-ups do **bad** things to children. Sometimes they say and do things that can **upset** or **hurt** you.

A safe grown-up can help you, but you need to **tell them** what is happening.
Children in our school are here to learn and try their best, just like you. Most children are friendly, but some can do bad things.

Feeling safe and unsafe

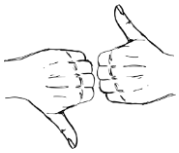
Playing with your friends or a hug from your mum, dad or carer can make you feel safe.

If someone or something makes you feel **unsafe** or **frightened**, tell a safe grown-up and they will make it **stop**. You should also get to a **safe place** as soon as you can as long as you know it's ok to do so.

Saying no

Most of the time grown-ups know what is best for you, like when it is time for bed or eating your vegetables, but sometimes it is ok to say no to a grown-up.
If a grown-up or another child asks you to do something you know is **wrong**, like **stealing**, or if you feel **scared** or **unsafe**, you can say **no**.
Presents are a good thing to get, but you should not take a present from anyone without checking with your parents/carers first. Most of the time it will be ok, but sometimes people try to trick children into doing something by giving them presents (like sweets, money or phones) This is sometimes called a bribe. If it does not seem right, tell someone as soon as you can.

It's not your fault! Don't be afraid to tell a safe grown-up.



Touch

There are **good** and **bad** touches.

Good touches:

- A hug
- Help with getting dressed
- Holding hands

Bad touches can be **scary**, **hurt** or be **rude**. Parts of the body covered by a swimming costume or your underwear are **private**.

Unless you need help with washing or dressing, or need to see someone like a doctor, **no-one** should touch this area on your body. If a touch makes you feel **scared**, say **no** or make a sign to the person to **stop**. You should also tell a safe grown-up.

Secrets

A **secret** is something we know but try not to tell anyone else.
A **good** secret is a birthday party surprise or knowing someone is going to win a prize.

Sometimes we have been hurt, are afraid, or don't understand what's happened. If someone says we must keep a **bad thing** a secret, that's a **bad secret**.
If you think you have been told to keep a **bad secret**, you must tell a safe grown-up. If they **don't listen** or understand, tell a different safe grown-up until someone helps you.

Telling a safe grown-up

Safe grown-ups are people who you **trust** to help you, just like your mum, dad or carer. They are kind and listen to you. We have safe grown-ups in school.
Make a list of **safe** grown-ups at your school.
It is every grown-up in our school's responsibility to keep you safe and happy.
You need to tell one of these safe grown-ups if something is done or said to you that **hurts** or **upsets** you.
They can help you so you can feel **safe** and **happy** again.
You can tell a grown-up by:

- Speaking
- Drawing
- Making signs with your hands, face or body
- Showing or pointing to drawings or photos
- After telling a safe grown-up, they can help **stop** the bad things happening, and you can be safe and happy again!

Child on child abuse (Peer on Peer)

At Hurst Hill, we want to make sure that you feel looked after, safe and happy when you are in and out of school. This section looks at child on child abuse (sometimes it is called peer on peer) and bullying and what you can do when you feel abused or bullied, or when you notice someone else being abused or bullied.

We can help you by

- Teaching you what peer-on-peer abuse is.
- Teaching you what to do if you feel like you are being abused, or if someone else is being abused.
- Making sure you know the grown-ups you can speak to if you are worried.

What is peer-on peer bully and abuse?

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A **peer** is someone who might be your friend, a child at school with you, or another child you may know.
Abuse is something which usually physically or emotionally **hurts** another person by using behaviour that is meant to **scare**, **hurt** or **upset** that person.

Sometimes, it can be hard to know when abuse is happening, because **not all** abuse will hurt, scare or upset you, and you might not know it is happening. It's really **important** you know when you are being abused so we can make sure it stops.

There are lots of different types of abuse. It is important you know what these types of abuse are so you know what to do if you see them.

Bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.
Physical bullying is punching, kicking, spitting, hitting or pushing someone.
Verbal bullying is teasing someone, calling them names or using rude hand signs. People can also use verbal bullying to be **racist** or **homophobic**.
Racist means bullying someone because of their skin colour, race or what they believe in.
Homophobic means bullying someone because of their gender or sexuality.
Online bullying involves sending horrid messages over the internet or by text message. Bullying can be done through **another person**, by one person sending another person to say nasty things. Remember to only use apps which are appropriate for your age.

Sharing Pictures or Messages

Sometimes people might ask you to send pictures or videos of yourself without clothes or send rude messages. This is **not okay**.

- If someone asks you to do this, **say no** and tell a grown-up you trust straight away.
- Pressuring someone to send these pictures or messages is wrong.
- It is against the law to have or share these kinds of pictures or videos.

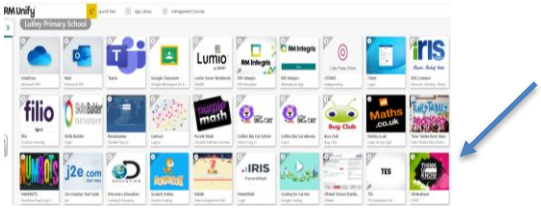
Our school has an **Online Safety policy** to help keep you safe online. Your parents and carers know about this too.
If you ever see comments or pictures online that upset you, you can:

- Tell an adult at school or at home.
- Use the **CEOP button** on our school website to report it.

Go to our Hurst Hill website and press the button.

OR

Go to RM Unify and press Think you Know.

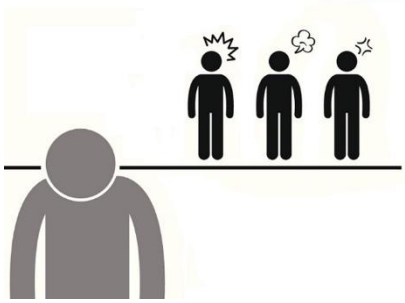


Unwanted Behaviour

Sometimes people do things that make others feel uncomfortable. This can happen in person or online. It might make someone feel scared, upset or embarrassed.

It could be:

- Saying rude things about how someone looks or what they wear.
- Calling someone names.
- Making rude jokes or teasing.
- Touching someone when they don't want to be touched.
- Messing with someone's clothes.
- Showing rude pictures or drawings.
- Sharing rude pictures or videos online.
- Asking you to do something you don't want to do.



If this happens:

- **Say no**.
- **Tell a grown-up you trust straight away**.
- You will never be in trouble for asking for help.

Relationships

Any relationship you have should be **good** and **happy**. A bad relationship might make someone feel **scared**, **confused**, **worried** and even **unsafe**.

It's really important that you know the **difference** between a good relationship and a bad relationship.

Good relationships

- You are **comfortable** around that person.
- You can be **honest** with that person.
- You can say how you **feel**, what you are **thinking** and you **listen** to each other.
- You **support** each other and treat each other **nicely**.
- You feel **safe**.
- You **trust** that person.
- You are **equal** – you don't boss each other around or tell each other what to do.
- You feel **looked after**.

Bad relationships

- The person might **push** you, **hit** you or **destroy** your things.
- The person might **tell you what to do**, what to wear or who you can see.
- You might feel **scared** – they might say they will hurt you if you don't do something. They might also say they will hurt you if you do something too.
- The person **calls you names**, makes you feel bad in front of other people and makes you **feel bad about yourself**.
- The person gets **angry easily** and you don't know what will make them angry – it might make you feel **nervous**.
- The person might **pressure** you to do things **you don't want to**.
- The person **might not take no for answer** when you say you don't want to do something.

How do I know if someone is being harmed?

It might be hard for you to know if you are being harmed and you **might not really understand** it is happening. It is important you can **recognise** when behaviour isn't appropriate.
It's also important that you can notice when **someone else** might be being harmed.
Some signs might be:

- Not going to school.
- Having injuries, like bruises.
- Feeling sad and down.
- Feeling like they can't cope.
- Feeling withdrawn or shy.
- Getting headaches or stomach ache.
- Feeling nervous.
- Not being able to sleep, sleeping too much or getting nightmares.
- Feeling panicked.
- Using alcohol or drugs.
- Changing looks to look much older.
- Being abusive to someone else.
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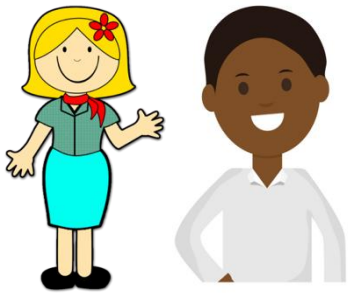
Remember: you can feel all of these things too. Listen to how you feel, and know that these signs can mean you are being harmed.

What do I do if someone else is being harmed?

If you see someone else being harmed, it is important that you **help** that person.

You should **never walk way** and ignore the problem if you see someone else being harmed, because the person might keep upsetting them.
If you can, and it is **safe** to do so, tell the person abusing you to **stop**, but never get angry or hit them.



Tell a grown-up, such as a teacher or a trusted adult, as soon as you've seen someone being harmed.
Grown-ups can **stop it** and make that person feel happy again.
You should **never feel scared** to tell someone about being harmed.
Sometimes, you might not **see someone being harmed**, but you might be **worried** about them. Or you might think they are being harmed by **someone you don't know**, or someone they have **told** you about. It's really important you **tell someone** even if you are worried.

What do I do if I am being harmed?

The first thing you should do is **tell someone you trust**. This could be a family member, a friend or **any adult in our school.**

You can also **tell the person harming you** to leave you alone. If telling them to leave you alone would **make you feel too scared or worried that they might hurt you**, make sure you **tell someone** so they can help.

You should **try not** to:

- **Do** what the person says.
- Let what the person says or does **upset** you.
- Get **angry** or hit them.

Always remember that if you are being harmed, it is **not your fault** and you are **never alone**. You shouldn't be scared to **talk to someone** if you are being harmed. If you talk to a grown-up, we can **make the harmful actions stop**.

Who can I talk to?

It is important you **tell someone** as soon as you are being harmed, or you notice someone else being harmed. Speaking to someone like your mum, dad, carer or teacher will mean that we can make sure the **harming stops** and doesn't happen again. You can also call trained counsellors at Childline – this is a 24 hour service that can help you if you need it.

ChildLine 0800 1111

How can I help to stop harmful behaviour from happening?

We can all help stop harm at our school by:

- Making sure we **understand** how we should **act** towards others.
- **Helping** others when they are in need.
- Being **kind**, **friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **school activities**, like assemblies, RSHE lessons and circle time, which talk about peer-on-peer abuse.
- **Talking to someone** when we are worried.

You should know that harm is never OK and it is serious. It is not funny, or part of growing up. If you harm someone, you will get into trouble.

How to stay Safe Online?

Online Safety – The 4Cs

Being online is fun, but you need to stay safe. Here are the 4Cs explained in simple words:

Content: Things you see online
Do: Look at things that are right for your age.
Don't: Watch or share rude or scary stuff.

Contact: People you meet online
Do: Talk only to people you know in real life.
Don't: Share secrets or meet strangers.

Conduct: How you act online
Do: Be kind and respectful.
Don't: Send mean messages or share hurtful pictures.

Commerce: Money and scams
Do: Ask an adult before buying anything online.
Don't: Don't click on links that look strange, ask for passwords or promise free prizes.

AI & Deepfakes

Sometimes computers make things that look real when they aren't. These are called **deepfakes**.
AI tools can be helpful, but they can also make mistakes.
Check-before-you-share: If something looks odd or surprising, ask an adult before you believe it or share it.

Cyber Security Basics

- Use strong passwords that are hard to guess.
- Keep your passwords secret.
- Log off shared devices when you finish.
- Never click on strange links or open attachments from people you don't know (this is called phishing).
- If you think you clicked a bad link, tell an adult straight away.

Mobile and Smart Tech

Phones and smart devices are useful but follow school rules.
Use them kindly and responsibly. If something goes wrong, tell an adult – you will not be in trouble for asking for help.

What should I do if someone tries to make me believe their ideas?

Sometimes, people might try to make you believe their ideas or ask you to do things that could hurt you or other people. This is called **extremism**, and it is not okay.

It could look like:

- Someone telling you to keep secrets from your family or teachers.
- Someone saying you should hurt others or break the law.
- Someone trying to make you join a group that does bad things.
- Someone sending you messages or videos online that make you feel worried, angry or confused.

What should you do?

- Say **no**.
- Tell a **safe grown-up** straight away – at school or at home.
- If it happens online, don't **reply** and show it to a grown-up.

Remember:

- You will never be in trouble for asking for help.
- People who care about you will never ask you to do something dangerous or hurtful.
- Even if you make a mistake always tell a trusted adult

Looking after your friends and each other

Caring is one of our school values. It is important that we care for each other. You can be a good friend by making sure the other children in our school are looking after themselves and each other. If you see or hear of anything happening that we have written about or that you think is unkind or unsafe, you must talk to a trusted adult in school or at home. It is important that you look out not only for your friends, but everyone in your school community, it doesn't matter if they are younger or older than you. You will never be in trouble for doing the right thing and showing you care; real friends will never ask you not to tell. Sometimes we do not know if something bad is happening, so you need to tell us.