

YOUR SAFETY MATTERS



ST MARYS
CATHOLIC
ACADEMY

STAYING SAFE AT SCHOOL – YOUR GUIDE

What Does Safeguarding Mean?

Safeguarding means keeping you safe from harm and making sure you feel happy and cared for at school. Everyone at school wants you to feel safe.



Mrs
Rathbone



Mrs Scarlett



Mrs Statham

Who Is the Designated Safeguarding Lead?

- The DSL is the person in school who looks after children's safety.
- They make sure worries are taken seriously and the right help is given.
- They work with other adults (like social workers or the police) if needed.
- Mrs Rathbone, Mrs Statham and Mrs Scarlett are all designated safeguarding leads.

ST MARY'S
SAFEGUARDING
TEAM

WHAT TO DO IF YOU ARE WORRIED OR SCARED



1 Talk to a trusted adult

This could be your teacher, teaching assistant, or another grown-up at school.

2 Speak to the Designated Safeguarding Lead (DSL)

They are the person in school who makes sure children are safe.

3 Write it down

If talking feels hard, write a note and give it to a teacher.

4 Keep telling someone until you feel safe

Keep telling someone until you feel safe – If the first person doesn't help, tell another adult.



REMEMBER!

- You have the right to feel safe.
- You have the right to speak out and be heard.
- There is always someone who will listen and help.

TOP 5 TIPS TO STAY SAFE

- Always tell an adult if you feel worried or unsafe.
- Be kind to others – bullying is never okay.
- Stay safe online – think before you click.
- Know who your DSL is and where to find them.
- Remember: You are never alone. There is always someone who cares.

HELPFUL ORGANISATIONS YOU CAN CONTACT

Here are some UK organisations that can help you if you need to talk:

- Childline – Call 0800 1111 or visit childline.org.uk (Free, open 24/7)
- NSPCC Helpline – Call 0808 800 5000 or email help@nspcc.org.uk
- National Bullying Helpline – Call 0300 323 0169 or visit nationalbullyinghelpline.co.uk
- Family Lives – Call 0808 800 2222 for advice about family and bullying
- Young Minds – Call 0808 802 5544 for mental health support
- Shout – Text SHOUT to 85258 for free, confidential help by text

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ONLINE SAFETY TIPS

- Keep personal information private – Don't share your full name, address, or school online.
- Think before you click – If something looks strange or scary, don't click it.
- Don't talk to strangers online – Only chat with people you know in real life.
- Tell an adult if something online makes you feel worried or upset.
- Use strong passwords – Keep them secret and never share them with friends.



THE SHARP SYSTEM

What is the SHARP System?

The SHARP System stands for Student Help Advice Reporting Page.

It is an online tool that lets you report worries or concerns safely and anonymously.

You can use SHARP if:

- You are being bullied.
- You feel unsafe or uncomfortable.
- You are worried about a friend.
- You want to tell someone about something that's wrong.

Why is it helpful?

- You can report things any time, even outside school hours.
- You can choose to stay anonymous (not give your name).
- Your report goes straight to the school's Safeguarding Team, who will make sure you get help.

How do you use it?

- Go to the school's SHARP on the schools website - Children - The SHARP system.
- Fill in the form with your concern.
- Press send – it's that easy!

Remember:

SHARP is not an emergency service. If someone is in immediate danger, tell an adult or call 999.