

# Staying Safe and Happy



CHURCHFIELDS  
JUNIOR SCHOOL

## Staying Safe and Happy

### Is somebody making you feel sad, scared or worried?

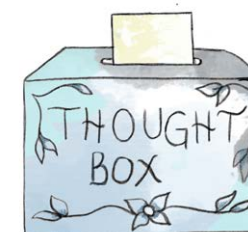
Making a child feel sad, scared or worried is never OK and it is not your fault. Always speak out if you have a worry.

✔ OK	✘ Not OK
Speak to a trusted adult if you feel worried or scared.	A child being hurt by someone.
Asking for help.	Bullying.
Knowing that if you are hurt by someone, it is never your fault.	A child not being cared for in the right way.
Contacting Childline about anything.	A child being asked to keep a secret that makes them feel worried.
Using the Childline 1-2-1 counsellor web chat.	A child being hurt in any way.

## Who Can You Talk To?

### You can:

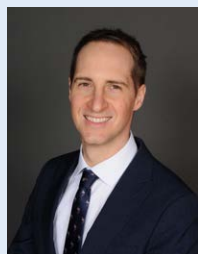
- talk to a trusted adult who you feel comfortable talking to. This can be someone at home, at school or a family member.
- write a message and put it in the *Thought Box* in your classroom.
- call Childline 0800 1111 or use their 1-2-1 counsellor chat [www.childline.org.uk/get-support/1-2-1-counsellor-chat/](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat/).



These adults in school are always happy to talk to you.



Mrs Emeny



Mr Easter



Mr Hall



Mr Warmoth



Mrs Satilmis



Mrs Walsh

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## **P** rivate parts are private

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first.

## **A** lways remember your body belongs to you

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see, or tries to touch you, underneath your underwear, say **'no'** – and tell someone you trust and like to speak to.

## **N** o means no

You always have the right to say 'no', – even to a family member or someone you love. You're in control of your body and the most important thing is how you feel. If you want to say 'no', it's your choice.

## **T** alk about secrets that upset you

There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should tell an adult you trust about a bad secret straight away.

## **S** peak up, someone can help

Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to an adult you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even *Childline*.

## Drugs, Alcohol, Smoking and Vaping

- Doing these things can hurt your body and mental health.
- If someone is trying to make you do something you do not want to do, say 'no' with confidence and tell a trusted adult.



# Staying Safe Online



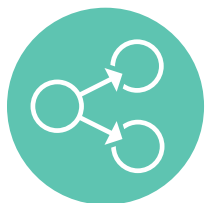
## Play Online Games Safely

- Never share personal information with other gamers.
- It is safest to game with friends you know in real life.
- Tell an adult, if a gamer asks you to join them on another game, app or website.



## Be Kind to Others

- Think: avoid posting anything that could upset someone.
- If someone is being mean, block them and tell an adult.
- Worried someone has shared something hurtful about you?
- Ask an adult you trust to help.



## Be Careful What You Share

- Think before you share. Who might see your photo, video or live stream?
- Tell a trusted adult if someone you don't know asks you to share a photo, video or go on camera. Tell an adult if you're worried about something you've sent or shared.



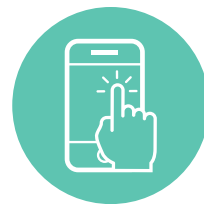
## Choose Who You Chat To

- It's safer to chat to people you know in real life.
- It's **always** ok not to reply. If a message makes you feel worried, annoyed or upset, don't reply and tell an adult you trust.



## Keep Your Stuff Private

- Ask an adult to help with Privacy Settings.
- Keep your passwords secret. If someone knows your password, change it.
- Ask an adult to help you switch off the location setting.



## Things We See Online

- Tell a trusted adult if you see or hear anything that makes you feel upset, uncomfortable, or even a bit confused. Don't share it or look at it again.



# Sleep

Junior school children should be asleep before 8.30 or 9pm every night. If you struggle to fall asleep, there are things you can try.

## **Picture yourself in your favourite place**

Close your eyes and imagine you're in your favourite place or where you want to be one day. Imagine yourself happy and relaxed. Slowly breathe in and out, relaxing your muscles until you feel a sense of calm.

## **List things that make you feel good**

These don't have to be big things – they could be the weather, your favourite song or someone you like in your life. Keep the list nearby.

## **Make sure you're comfortable**

Not too hot or cold and the room isn't noisy or bright.

## **Write it down**

If something is troubling you, try writing it down before going to bed.

## **Relax before going to bed**

Stick to paper books – the light from screens and e-readers can make it harder to fall asleep.

## **Do some exercise**

The best time to exercise is in the day-time – particularly late afternoon or early evening.