

# Keeping ourselves safe



**Speak out.**

**Stay safe.**

# RUBY'S WORRY



A **BIG**  
**BRIGHT**  
**FEELINGS**  
book

TOM PERCIVAL

BLOOMSBURY

<https://www.youtube.com/watch?v=l8E6ROlAXqA>

**Who can remember where this is?**



# Buddy says...

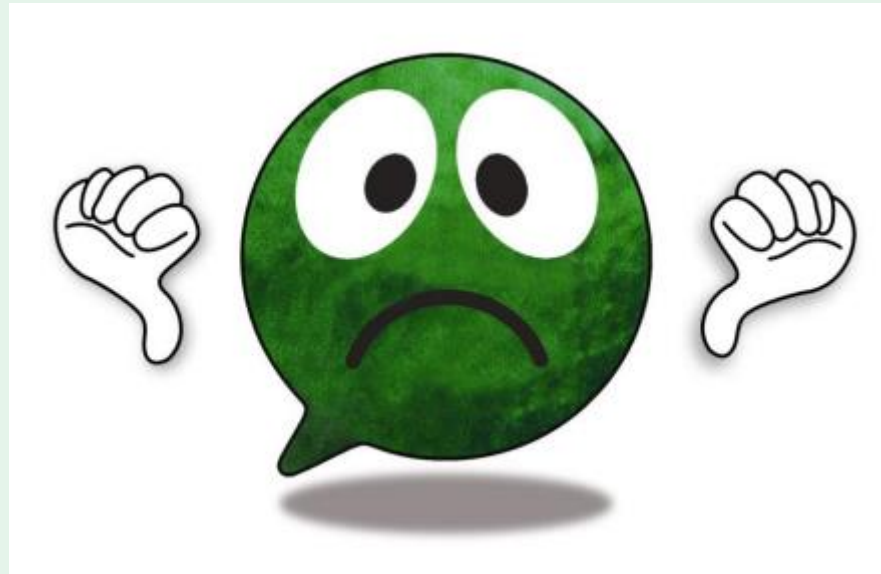
Bullying is when children are mean and unkind to each other, not just once, but again and again. They might push a child around, leave them out or send them nasty texts or messages online. This can hurt on the inside or on the outside and often both..



## Buddy says...

Neglect is when a parent or carer does not look after a child properly. They might not give them enough food or drink, or the right kind of clothing. It can also be when they are left on their own for too long.

**Buddy says....**



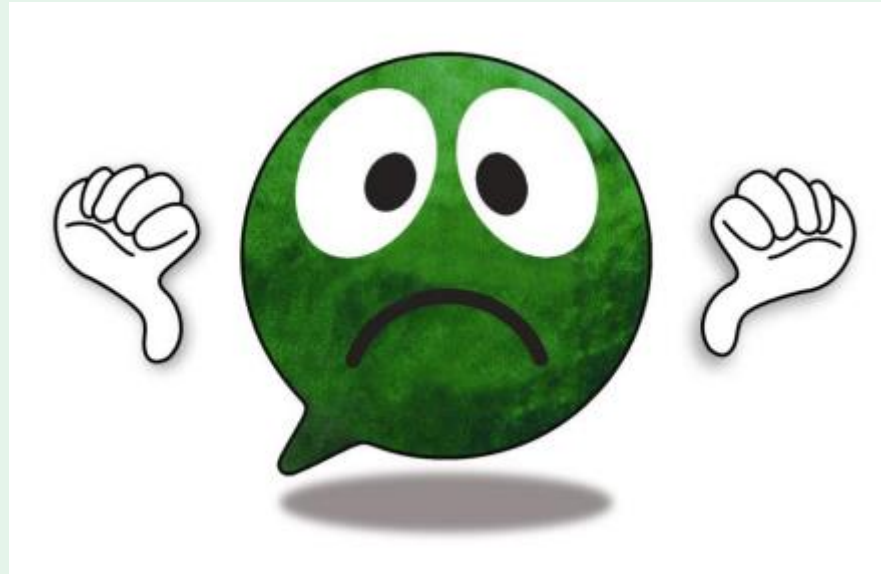
**This is NOT okay.**



## Buddy says...

Physical abuse is when an adult deliberately hurts a child's body. They might pinch them, hit them, bite them or kick them. This may leave marks on the body such as cuts and bruises.

**Buddy says....**



**This is NOT okay.**

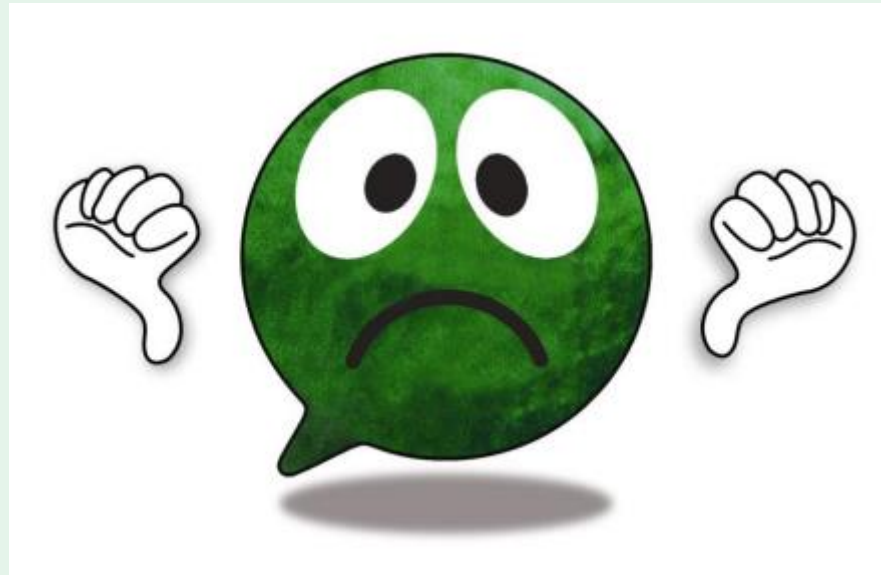


# Buddy says....

Emotional abuse is when an adult hurts a child's feeling. They might call them names, make fun of them or make the child feel bad about themselves. This hurts children on the inside.

Seeing or hearing parents or carers hurting each other can also make a child feel bad.

**Buddy says....**



**This is NOT okay.**



## Buddy says...

Know the underwear rule. The underwear rule is a simple way to understand how to stay safe.



<https://www.youtube.com/watch?v=-LL07JOGU5o>

# Say when you don't like something

I don't like being tickled.



You are in charge of your body.



## Buddy says...

Abuse is never your fault.  
Someone might say it is but  
abuse is **NOT** okay and it  
needs to stop.

# **Keeping safe in school**

**Who can you talk to in school?**

# Keeping Safe in School

Teacher

Teaching Assistant

Miss Vousden, Mrs Knight, Mrs

Holme-Turner

Any adult

Your friend..

# About the NSPCC

The NSPCC is the National Society for the Prevention of Cruelty to Children. It is the UK's leading children's charity and has been looking out for children for over 130 years.

The NSPCC supports children in lots of different ways: by visiting schools, supporting families, talking to politicians and campaigning for change to make children's lives better.



# About Childline



**childline**

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Childline is a service just for children and young people where they can talk to someone if they're scared or worried about anything.

You can get in touch on the phone or online and can speak to Childline about anything you want to.

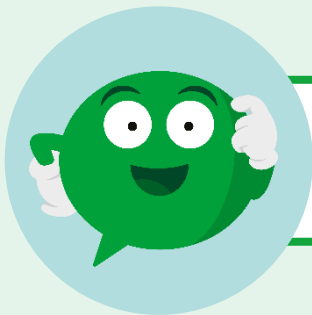
Click [here](#) to visit the Childline website.

# Your Rights



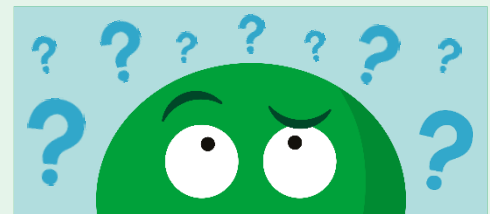
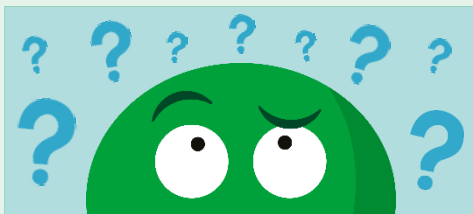
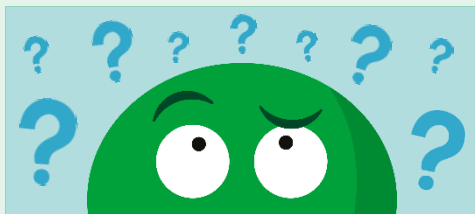
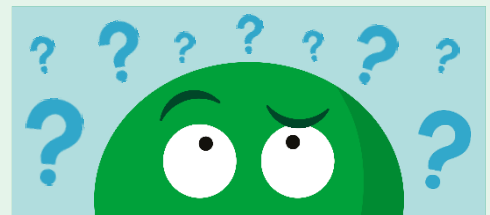
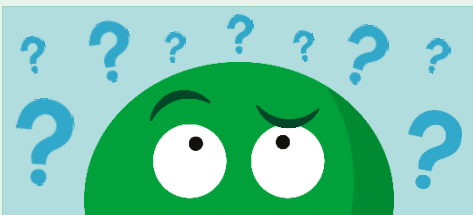
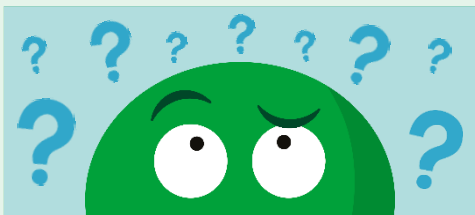
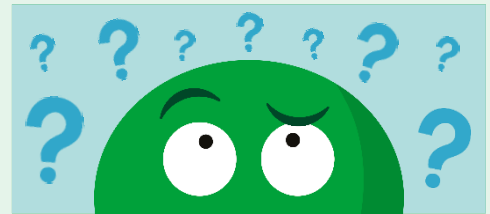
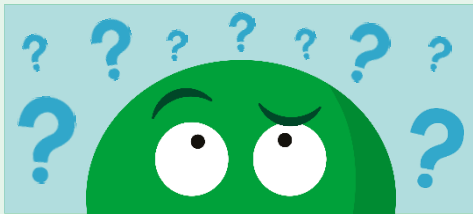
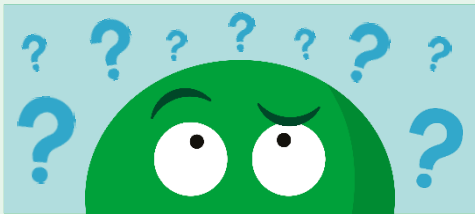
On the next slide, you will find just some of your rights listed.

Which of these rights are most important to you?



Discuss your answer with the person next to you and share with the class if you would like to.

# Your Rights



# Your Rights

All children have the same rights. The adults who care for you have a responsibility to make sure that your rights are respected.



All children have the right to:

- Speak out to a trusted adult
- Be safe
- Get help when they need it

# What Have We Learnt?

Today, talked about how to keep yourself safe.

We've learnt about children's rights and discussed ones we feel are most important to us.

We have practise the Child line phone number 0800 11 11

I have the right  
to **be safe**.

I have the right  
to **speak out**  
and **be heard**.

I have the right  
to **get help**  
when I need it.



**Speak out.**

**Stay safe.**



**NSPCC**