



## APPLEFORD SCHOOL

### CHILD-FRIENDLY SAFEGUARDING POLICY

Your school has a Safeguarding Policy for staff, families, and governors. This child friendly policy is designed for young people, and this should be read as a guide to the main policy. We have tried to write this in a way that makes sense to you.

#### What is it for?

To help you decide what could be a problem and where to get help and support. It is really important that you know who you can talk to and also to understand why you might need to talk to someone.

It is important that you know you have a right to be kept safe from anything that might do you harm; and what professionals are supposed to do.

Children have the right:

- To a childhood
- To be educated
- To be healthy
- To be treated fairly
- To be heard

#### What is safeguarding?

Safeguarding means we look after children and keep them safe.

At Appleford School, we want to make sure that you feel looked after, safe, and happy when you are in and out of Appleford School. Sometimes we don't know if something bad is happening, so you need to tell us. This policy looks at keeping children safe, and what you can do when you feel you are being abused, or when you notice someone else being abused.

**Any safeguarding concerns or disclosures of abuse relating to a child at school, outside of school and online will be treated seriously and support will be given.**

#### How does your school work to protect children?

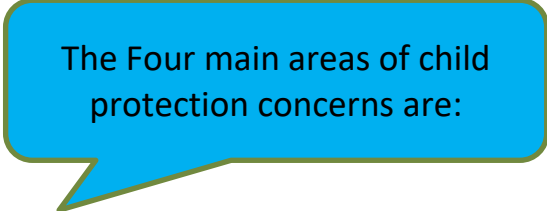
There are lots of different ways, but one of the main ways is making sure the staff here at your school know how to keep you safe and also make sure you have someone to talk to if you need to.

*Appleford School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. It is our aim that all pupils fulfil their potential.*

We can help you by:

- Teaching you what 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 adults at school you can speak to if you are worried

Your Headteacher is here to support young people and their families if there is a Child Protection concern. Safeguarding and Child Protection mean the same thing and they mean that we look after children and keep them safe.



### The Four main areas of child protection concerns are:

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.

1. **Physical Abuse** – hitting, smacking, shaking, throwing, burning, biting etc
2. **Sexual Abuse** – be aware this doesn't always mean actually touching a child. It could be someone making you watch things to do with sex or encouraging you to act in an inappropriate way.
3. **Neglect** – this means things like not providing meals or warmth or clothing. Or perhaps not taking you to the Doctors when you need to go. There may be lots of different reasons why a child is neglected, and it is really important that we know so we can help.
4. **Emotional Abuse** – This means when someone upsets you or makes you feel bad. If someone in your family says horrible things to you and makes you feel sad and worthless.

These are just a few examples for you and if you think you may have a problem that is similar to one of these then talk to someone.

Children can also hurt other children; this is called **child on child abuse**.

#### **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; calling someone gay or lesbian to hurt their feelings would be homophobic. **Sexist** means bullying someone because of their sex (whether they are a boy or a girl). **Cyber 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.

#### **Sexting:**

This is sending inappropriate pictures, videos or messages – they can sometimes be called 'nude pics', 'rude pics' or 'nude selfies', but can also be rude messages. Pressuring someone into sending these pictures, videos and messages is abuse. Even if you are not the person who is sending them, it is illegal to have these kind of pictures or videos of a person if they are under 18 years old.

#### **Sexual harassment:**

*Appleford School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. It is our aim that all pupils fulfil their potential.*

Sometimes, people can act sexually towards others, and it might make them feel uncomfortable. This can happen online on social media, through messages and face-to-face. It might make someone feel scared, embarrassed, uncomfortable or upset. It could be:

- Someone making sexual comments, like telling sexual stories, saying rude things or saying sexual things about someone's appearance or clothes.
- Calling someone sexual names.
- Sexual jokes or teasing.
- Being physical, like touching which makes you feel uncomfortable, messing with your clothes, or showing pictures or drawings which are of a sexual nature.
- Being sexual online, like sharing sexual pictures and videos, or posting sexual comments on social media.
- It might also be sexual threats or pushing you to do something sexually that you don't want to or aren't ready for.

### **Relationships:**

Any relationship you have should be good and happy. An unhealthy 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 an unhealthy 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.

### **Unhealthy 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 or aren't ready for, like sex, or using drugs and alcohol.
- The person might not take no for answer when you say you don't want to do something.

Any pupil who may have been victimised and/or displayed such harmful behaviours, along with any other child affected by child-on-child abuse, will be supported through the school's pastoral system and the support will be regularly monitored and reviewed.

## Talk to someone

If you are upset or worried about something that has happened to you or someone else then please remember you can be brave and talk to someone who will listen to you and help you.

You might have seen or heard the phrase DSL, but what does it mean? DSL stands for Designated Safeguarding Lead.

In every school there is always somebody who has the responsibility to keep you safe and all staff must tell that person if they are worried about you. Staff have training and are taught how to keep children safe as it is the most important part of their job.

At Appleford School our safeguarding team is:

DSL – Mrs Julia Hendrickse

Deputy DSL – Mr Dudley Manning

Deputy DSL – Mrs Iona Gray

If you don't know who your DSL is, then ask a member of staff. It is the job of everyone that works at your school to keep you safe so remember you can talk to any member of staff that you trust.

## What happens when you tell someone?

You can expect that you will be taken seriously if you ever need to tell adults working with you that you are being harmed in some way. You can expect that your safety will be their immediate concern. You can expect to be asked for your views on what you want to happen on important decisions in your life.

When you speak to a member of staff, sometimes they will need to check things with your DSL and then if they can deal with the issue themselves, they will. Please try and understand that staff and the DSL will only want to help you and make you feel supported and better about the situation. There are times though when they may need to contact some other agencies for support. These may be Children's Social Care (Social Workers) or Police. This is because schools can't do everything on their own and need to work with other professionals who are best placed to help. Social workers and police will be specialist trained professionals who are great at helping children and young people and their families. There are lots of other agencies who support children and their families as well, like, youth workers, mentors and family support workers.

Don't worry your Headteacher and/or DSL will talk to you and explain all of this, and you can always go and ask them questions if you are unsure about anything.

If you have any questions about this policy you can always speak to any member of staff in school who will be able to support you.