

All children
have
these rights.

Article 2

I have
the right
to get information
in lots of ways,
so long as
it's safe.

Article 17

I have
the right
to be protected
from being
hurt or badly
treated.

Article 19



I have
the right
to be listened to,
and taken
seriously.

Article 12

I have
the right
to keep
some things
private.

Article 16

Keeping Children Safe

A child friendly guide to safeguarding

A place of learning,
laughter and friendship

www.thomasbuxton.towerhamlets.sch.uk



Thomas Buxton
Primary School
Learning Together

What is safeguarding?

Safeguarding means that all staff will:

- protect you from harm
- make sure nothing stops you from being happy
- make sure you are safely looked after
- make sure you have the best life chances



Keeping
you
safe

Thomas Buxton
Primary School has a
safeguarding policy
for staff, families and
governors.
This child friendly
version is designed
for you!



We created
this booklet to help you
decide what could be a
'problem' and where to
get help and support.
There may be times when
you want to talk to
someone in school about
a problem that might be
upsetting you.

This booklet also
highlights that you
have a right to be safe
and to be kept safe.
And your rights are
protected by UNICEF
through the
UN Convention on the
Rights of the Child.

unicef 



UN Convention on the
Rights of the Child



Bullying



Bullying is hurting someone else on purpose. Bullying is something that happens over and over again. Bullies can hurt people in lots of different ways. You can be hurt on your body or with nasty words.

There are different types of bullying:

Physical bullying is pushing, hitting, pinching or kicking someone.

Verbal bullying is calling someone names, saying nasty things or even pretending you are going to hurt someone.

Indirect bullying is:

- leaving people out of games;
- talking about them when they are not looking;
- telling nasty stories about them;
- standing by and watching bullying happen.



Remember

You have the right to be protected from being hurt or badly treated.

unicef 

Article 19

Any questions about bullying?
Ask...



Ms Redpath
PSHE Lead

Internet safety

Remember

You have the right to keep some things private.

unicef

Article 16

Cyberbullying is when people use email, photos, videos or text messages to make someone feel sad. It can be one person or a group of people. It can be scary for the person who is being bullied.

Remember to THINK!
When using the internet either on a computer or mobile phone or tablet, for work, social media or messaging always be careful what you say and what you read or see. And never meet anyone from the internet without an adult with you as this is very dangerous!

Any questions about internet safety?
Ask...



Ms Dankwa
Computing Lead

I'm feeling worried...

**Is someone bullying you?
Is this happening every day?**

Stay safe when using a mobile phone or when using the internet. If someone you don't know tries to speak to you or someone shows you a video or photo that makes you feel uncomfortable then tell someone!

**Is there another problem?
Nothing is too small or silly!**

Has someone said something to you that upsets you?

Is someone trying to give you tablets, cigarettes, drugs or alcohol?

Has someone hit, punched or smacked you or hurt you in anyway?

Has someone touched you on a part of your body like your bottom or chest or anywhere else you do not like?



Remember, there are ways to solve smaller problems at school.

Is it a big or a small problem?

Blue Zone	Green Zone	Yellow Zone	Red Zone
sad tired sick moving slowly	happy calm feeling ok focused ready to learn	frustrated worried silly/wiggly excited loss of some control	mad/angry terrified yelling/hitting elated out of control

Use the zones of regulation. Which zone are you in? What can you do to get back to the green zone?

Talk to your friends or use the WWW boxes:

- To say or write what happened and how you feel
- To say what you would like to happen next, then agree a solution.

There are posters in the playgrounds to help you.



Is this a problem you could share at circle time or with an adult?

If it is a big problem, or you couldn't solve it yourself, you need to tell an adult.



Who can I talk to at school?

We have people in school who are specially trained to help you. They are called **Designated Safeguarding Leads** or **Safeguarding Officers**.

It is important that you know where to get help if you are worried or unhappy about something.



Ms Redpath
Deputy Headteacher
Safeguarding Officer



Mrs Flanagan
Headteacher
Safeguarding Officer



Ms Robertson
Phase Leader
Safeguarding Officer



Ms Measures
Phase Leader
Safeguarding Officer



Ms Chau
Assistant Headteacher
Safeguarding Officer



Ms Kho
Phase Leader
Safeguarding Officer



Mr Roberts
Phase Leader
Deputy DSL



Ms Rogers
SENCO
Deputy DSL

Remember

You have the right to be listened to, and taken seriously.

unicef 

Article 12

What will happen next?



You have the right to be safe.

If you talk to an adult in school, we will:

- Listen carefully
- Find out what is happening
- Do everything we can to sort it out
- Keep you safe!

What else can I do?

There are lots of other people too, who may help you with an upsetting problem and they do not work at our school but care about you just as much as we do.

Remember
You have the right to get information in lots of ways, so long as it's safe.
unicef

Article 11



Worried about something you've seen online?
CLICK TO REPORT IT!



TELL SOMEONE



ChildLine
0800 1111

NSPCC



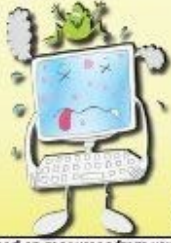




LEARN THE UNDERWEAR RULE
PANTS
TALK PANTS AND YOU'VE GOT IT COVERED!

NSPCC 

HELPLINE
0808 800 5000
help@nspcc.org.uk

What else can I do?

<h1>S</h1> <h2>Stay Safe</h2> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1>M</h1> <h2>Don't Meet Up</h2> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1>A</h1> <h2>Accepting Files</h2> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1>R</h1> <h2>Reliable?</h2> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1>T</h1> <h2>Tell Someone</h2> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <p>Follow these SMART tips to keep yourself safe online!</p> <p>© Teaching  www.teachingideas.co.uk</p>
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HOW MUCH DO YOU KNOW ABOUT ...

- HOW TO HAVE FUN
- HOW TO STAY IN CONTROL
- HOW TO REPORT



Your rights

Remember

All children have these rights.



Article 2



UN Convention on the Rights of the Child

Survival



You have a right to life, good food, water, and to grow up healthy

Development



You have a right to an education and time to relax and play

Participation



You have a right to say how you feel, be listened to, and taken seriously

Protection



You have a right to be treated well and not be hurt by anyone

<p>1 Everyone under 18 has these rights</p>	<p>2 All children have these rights</p>	<p>3 Adults must do what's best for me</p>	<p>4 The Government should make sure my rights are respected</p>	<p>5 The Government should respect the right of my family to help me know about my rights</p>	<p>6 I should be supported to live and grow</p>
<p>7 I have a right to a name and to belong to a country</p>	<p>8 I have a right to an identity</p>	<p>9 I have a right to live with a family who cares for me</p>	<p>10 I have the right to see my family if they live in another country</p>	<p>11 I have the right not to be taken out of the country illegally</p>	<p>12 I have the right to be listened to, and taken seriously</p>
<p>13 I have the right to find out and share information</p>	<p>14 I have the right to have my own thoughts and beliefs, and to choose my religion, with my parents' guidance</p>	<p>15 I have the right to meet with friends and to join groups</p>	<p>16 I have the right to keep some things private</p>	<p>17 I have the right to get information in lots of ways, as long as it's safe</p>	<p>18 I have the right to be brought up by both parents if possible</p>
<p>19 I have the right to be protected from being hurt or badly treated</p>	<p>20 I have the right to special protection and help if I can't live with my own family</p>	<p>21 I have the right to have the best care if I am adopted</p>	<p>22 If I am a refugee, I have the same rights as children born in that country</p>	<p>23 If I have a disability, I have the right to special care and education</p>	<p>24 I have the right to good quality health care, to clean water and good food</p>
<p>25 If I am not living with my family, people should keep checking I am safe and happy</p>	<p>26 My family should get the money they need to help bring me up</p>	<p>27 I have the right to have a proper house, food and clothing</p>	<p>28 I have the right to an education</p>	<p>29 I have the right to an education which develops my personality, respect for others' rights and the environment</p>	<p>30 I have a right to speak my own language and to follow my family's way of life</p>
<p>31 I have a right to relax and play</p>	<p>32 I should not be made to do dangerous work</p>	<p>33 I should be protected from dangerous drugs</p>	<p>34 Nobody should touch me in ways that make me feel uncomfortable, unsafe or sad</p>	<p>35 I should not be abducted, sold or trafficked</p>	<p>36 I have the right to be kept safe from things that could harm my development</p>
<p>37 I have the right not to be punished in a cruel or hurtful way</p>	<p>38 I am not allowed to join the army until I am 15</p>	<p>39 I have the right to help if I have been hurt, neglected or badly treated</p>	<p>40 I have the right to legal help and to be treated fairly if I have been accused of breaking the law</p>	<p>41 Where our country treats us better than the UN does we should keep up the good work!</p>	<p>42 Everyone should know about the UNICEF</p>

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unicef 
for every child



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