A child-friendly guide to feeling safe, happy and heard

Community of Saints Church of England Federation | September 2026

You have the right to feel safe

At our school, every child matters. You deserve to be treated kindly, listened to and protected from harm. Adults in school are here to help you.

What does "safeguarding" mean?

It means helping you stay safe in school, at home, outside and online. It also means helping when you feel worried, upset, frightened or unsafe.

Tell someone if…

Someone hurts you or threatens you. Someone bullies you, calls you unkind names or makes you feel left out. Someone touches you in a way that makes you uncomfortable. You see something scary or upsetting online. Something at home or school is worrying you. You do not have to work out whether something is "serious enough" to tell.

Your body belongs to you

Your body is yours. Private parts are private. You can say NO to touching that makes you uncomfortable and tell a trusted adult. If someone asks you to keep an unsafe secret, tell an adult you trust.

How to get help

1. Find a trusted adult, such as your teacher, teaching assistant, Head of School or someone at home.
2. Tell them what happened or how you feel. You can talk, write or draw.
3. If the first person cannot help, keep telling another trusted adult until someone helps you.

What will adults do?

They will listen carefully, take your worries seriously and try to help you feel safe. Sometimes they need to tell another adult whose job is to protect children. They will explain this to you as clearly as they can.

Be kind and help others

Use kind words. Respect other people's bodies and personal space. Never join in bullying, including online. If you see someone being hurt or treated badly, tell an adult.

Staying safe online

Keep personal information private. Tell an adult about upsetting messages, pictures or requests. Do not feel you must reply to someone who makes you uncomfortable. Ask for help if you are unsure.

Who can help at school?

Your teacher, any trusted member of staff or the school safeguarding team. At St Philip's you can ask for Mrs Esa, Mr Tuohy or Miss Valentine.

Remember

It is ALWAYS OK to ask for help. You will not be in trouble for telling an adult about something that worries you. If you need to talk to someone outside school, Childline is free on 0800 1111.