



My most important job is helping to keep everyone at school safe. This poster will help you to know what to do to keep yourself and others safe at home and at school. At Godinton we call this safeguarding.

Keeping Safe



My Trusted Adults

Trusted adults are people that you trust and who you can tell anything to. This might be a family member, a teacher or another adult that you know. Whenever you feel unsafe or uncomfortable, you can talk to these people straight away. Remember the High Five – 5 people you have as a trusted adult.



Safe from Harm

No one should ever deliberately hurt you. Grown ups or other children should not hit, punch, bite, pinch or slap you. Grown ups or other children should not swear at you or say unkind things. You must tell a trusted adult if this has happened so they can help.



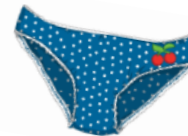
Secrets

If someone tells you a secret that makes you feel upset, worried or uncomfortable, you must tell a trusted adult right away. You shouldn't ever keep secrets like this, whether it is one someone has told you or a secret of your own. Your trusted adults can help you.



Warning Feelings

Our feelings can let us know when we feel unsafe, frightened or unhappy. We might feel sick in our tummy, we might get sweaty or our hearts might start to race. These feelings are there to help us, but you should tell a trusted adult if you feel them.



Pants are Private

Everyone has private parts. These are the parts of your body covered by your underwear. No one should ever ask if they can see them, take pictures of them or touch them. No one should ever ask you to touch theirs. If anyone asks you to do this, you must speak to one of your trusted adults straight away. They will be able to help you.

