

Being Secure
Feeling Safe

The Rights of a Child

- You have the right to be protected from being hurt . You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well and not mistreated, in body or mind.
- You have the right to protection from harmful drugs and from the drug trade.
- You have the right to be free from sexual abuse.
- You have the right to protection from any kind of exploitation (being taken advantage of).
- No one is allowed to punish you in a cruel or harmful way.

We all have worries sometimes



Who can help you if you have a worry?

Mum, dad or a close family member

Your friends

Your class teacher or any other teacher

Your teaching assistant

Miss Burgess in the Friendship Room

Mrs Fordham or Mrs Lovelock

Any adult you work with at school can help you.

Bullying

At Almond Hill we know that bullying is wrong and we do not allow it in our school.

We know that bullying is not having a fall out with our friends – we all do that sometimes.

Bullying is

when somebody does something on purpose, verbally or physically, over a period of time that hurts or upsets us.

BULLYING IS NOT OK!!

Say 'NO!'

Speak up!

Be assertive!



Other Worries

Sometimes children are not looked after as they should be. They might not have warm clothes, enough food or be left on their own.

An adult might hurt them physically

An adult might hurt their feelings by calling them names or say unkind things to them or children might see adults hurt each other.

THIS IS NOT OK

Know the 'pants' rule



Hugs and Cuddles

We all like to be able to have a 'hug' or a 'cuddle' with our mums, dads, grans and grandads (sometimes even our brothers and sisters) special people in our family group who we trust.



At school



Adults at school care for you and we respect each other.

we show that by

Showing good manners: smiling, saying 'Good Morning'.

Shaking hands to acknowledge you have been successful and we are proud of you like when you get a certificate.

Or offering an arm if you have hurt yourself and might need some support.

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Your friends

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Your teaching assistant

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CHILDLINE

