

Forsbrook CE Primary School — Keeping You Safe



We are always here to listen to your worries and keep you **SAFE**

What is this about?

As you get older, it's important that you understand what safeguarding means, what your rights are, and exactly who you can go to if something is worrying you — at school, at home, or online. This guide explains it all clearly.

What does 'safeguarding' mean?

Safeguarding is the word adults use for keeping children safe from harm. It's not just about physical safety — it also covers your emotional wellbeing, your safety online, and making sure every child is treated fairly and with respect.

What is a DSL?



DSL stands for Designated Safeguarding Lead. This is a member of staff with special training whose job is to make sure every pupil is safe. At Forsbrook, this is Mrs Cooke. If she isn't available, our Deputy DSLs can help instead.

Who can you tell?



Any member of staff you trust: your class teacher, a teaching assistant, the headteacher, a lunchtime supervisor, or a member of our safeguarding team. You can ask to speak to someone privately if you'd rather not talk in front of others.

Not sure how to say it out loud?



You can also write your worry down and hand it to a trusted adult, or ask a friend to come with you when you talk to someone. There's no wrong way to ask for help.

Every child has the right to feel safe, to be listened to, and to be treated with respect — this is set out in the United Nations Convention on the Rights of the Child. If something is making you feel unsafe, upset or worried, it is always right to tell someone.

What might worry you?

Sometimes children feel worried about things that have happened to them.

Here are some of the things you should always tell a grown-up about:



Somebody hurting your body

Like hitting, shaking or burning you. This is called Physical Abuse.



Somebody touching you in a way you don't like

Or showing you things that are not right for children to see. This is called Sexual Abuse.



Not getting what you need to be healthy

Like meals, warm clothes, or help when you are poorly. This is called Neglect.



Somebody making you feel sad or scared

Or like you don't matter. This is called Emotional Abuse.



What happens when you tell someone?

The grown-up will listen carefully. They will not be angry with you. They may need to talk to our DSL, and sometimes other people whose job is to help keep children safe, like Children's Social Care or the Police. This is all to make sure you are safe.

Our Forsbrook safeguarding team

These grown-ups have a special job to help keep you safe:

Mrs Cooke	Designated Safeguarding Lead (School)
Mrs Lockett	Deputy Safeguarding Lead (School)
Mrs Turner	Designated Safeguarding Lead (Nursery)
Mrs Harrison	Deputy Safeguarding Lead (Nursery and Out of School Club)

Our Forsbrook wellbeing team

Ms Hackney	Wellbeing Lead
Mrs Streeter	Wellbeing Lead

Remember



You are not alone. It is never your fault. Telling someone is brave. We are always here to listen.

If you ever need to talk to someone outside school, you can call Childline free on 0800 1111. It is free and open any time, day or night.