

## How to Keep Yourself Safe in School

*Western is a very safe place to be but there may be times when something is worrying or bothering you and it is important you know what to do.*

None of the behaviours in the box below are acceptable.

What can I do?

*Any form of bullying or abuse~ this can include:*

- Being physically hurt in any way by any person, either at school or out of school, including home
- Having your feelings hurt by name calling or anything that makes you feel bad about yourself
- People saying things or making gestures that make you feel uncomfortable in any way
- Cyber messaging of any kind which makes you feel sad or uncomfortable- this can include the taking, sending or sharing of inappropriate images
- Anything which is happening outside school which is hurting or upsetting you in any way, including home.



If any of these things are happening to you or someone you know, then please remember:

- It is not OK
- It is not your fault
- You must report it
- You will be listened to
- You will be supported

You can tell any member of staff if any of these things are happening to you, but the staff below are specially trained to help:



Mrs Slack  
Headteacher



Mrs Magill  
Deputy Headteacher



Mr Fraser-Smith  
Assistant Headteacher



Mrs Bland  
The Junction



Miss Thompson  
Nursery & The Hive