

The PANTS Rule

Your underwear covers your private parts and no one should ask to see or touch them.

If you are worried about this you must tell someone so we can help you.

Do NOT keep it a Secret!

Hitting, punching or smacking you

Has someone hit, punched or smacked you or hurt you in anyway?

You must tell someone so we can help you.

Examples of people you can tell are:

- Your teacher
- Your parent or carer
- A family member
- Your Headteacher – Mrs Somes
- Your Family Worker – Mrs Overton
- Your Teacher Assistant
- Your Dinner Lady
- Any adult in school
- An ABC member

Trying to give you tablets, smoking, drugs or alcohol

Has someone asked you if you want a tablet or to smoke, or have a drink or eat something and you do not know what it is?

Do not eat, drink or smoke what they are giving you. If you are not sure check with a trusted adult.

You must tell someone so we can help you.

Examples of people you can tell are:

- Your teacher
- Your parent or carer
- A family member
- Your Headteacher – Mrs Somes
- Your Family Worker – Mrs Overton
- Your Teacher Assistant
- Your Dinner Lady
- Any adult in school
- An ABC member

Do NOT keep it a Secret!



Sacred Heart Primary School



Safeguarding Guide for Children



What is this guide?

Your school has a Safeguarding Policy for staff, families and governors.

This 'child friendly' guide is designed for children and this should be read as a guide to the main policy.

What is this for?

To help you decide what could be a 'problem' and where to get help and support.

How does your school work to protect children?

There are lots of different ways, remember we are here to help. We are here to support you and your family.



Is someone bullying you?

You must tell someone so we can help you.

Examples of people you can tell are:

- Your teacher
- Your parent or carer
- A family member
- Your Headteacher – Mrs Some
- Your Family Worker – Mrs Overton
- Your Teacher Assistant
- Your Dinner Lady
- Any adult in school
- An ABC member

Do NOT keep it a Secret!

Please read our Child Friendly Anti-Bullying Policy which is on our website too for more advice.



Saying things to you that make you feel sad, upset or alone.

Has someone said something to you or have you heard something that you do not like or upsets you?

You must tell someone so we can help you.

Examples of people you can tell are:

- Your teacher
- Your parent or carer
- A family member
- Your Headteacher – Mrs Cullen
- Your Family Worker – Mrs Overton
- Your Teacher Assistant
- Your Dinner Lady
- Any adult in school
- An ABC member

Do NOT keep it a Secret!

