



Staying safe while school is closed.



Just because School is closed, it does not mean we are not here to help keep you safe.

Tell someone:

- If you feel unsafe;
- If you are worried about a friend or family member's safety;
- If you are being bullied or you have seen someone being bullied;
- If you see something that does not feel right;
- If you or a friend has been emotionally, sexually or physically abused;
- If someone has asked you or a friend to send them explicit pictures of yourself;
- If you or a friend have been offered gifts off a stranger;
- If you are worried about anything.

Contact: safeguarding@sacredheart.npcat.org.uk

Or phone Mrs Hill between 8.30am and 5.30pm on 07436145177

Stay Safe
Don't give out your personal information to people / places you don't know.

SMART
Don't Meet Up: Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.
Accepting Files: Accepting emails, files, pictures or texts from people you don't know can cause problems.
Reliable?: Check information before you believe it. Is the person or website telling the truth?
Tell Someone: Tell an adult if someone or something makes you feel worried or uncomfortable. Follow these SMART tips to keep yourself safe online!

FACTS about SEXTING
 You COULD be put on the Sex Offenders Register which could affect all future employment.
 Sending a sexually explicit photo of someone under 18, is ILLEGAL, even if you are sending one of yourself.
 You can get a bad reputation and be called names.
 YOUR photo can go around the world in seconds.
 Your computer or phone may be confiscated by the police.

ARE YOU AWARE?
 It is not ok for someone to expect you or your friends to do things you don't want to. Listen to your instinct, if it doesn't feel right, tell someone.
 24/7. FREE. ANONYMOUS. CALL OR TXT 116 000
 #SaySomething

Drug gangs are exploiting vulnerable people in your area
 Using violence and abuse, criminals are getting others to act as couriers for drugs and cash. Sometimes taking over the homes of the victims.
 Speak out. Tell us what you know.
 CrimeStoppers. 0800 555 111

What to do if you feel unsafe Online.

1. Take a screen shot of the message or picture making you feel uncomfortable.
2. Block the person and or report it via the social media reporting button.
3. Tell a responsible and trusted adult.
4. Contact safeguarding@sacredheart.npcat.org.uk

Or phone Mrs Hill for advice between 8.30am and 5.30pm on 07436145177

If you need to speak to someone right now:
 Childline: 0800 11 11
 CEOP website (www.ceop.police.uk)
 NSPCC Help line: 0808 800 5000
 If you are in immediate danger please call 999