



**St Albans
High School
for Girls**

P01: SAFEGUARDING AND CHILD PROTECTION (Related Document)

KEEPING SAFE: A PUPIL'S GUIDE TO SAFEGUARDING (TEXT ONLY)

INTRODUCTION

This document provides the text to be included in the STAHS publication *Keeping Safe: A Pupil's Guide to Safeguarding* which is available to pupils as a print publication and on the Student Dashboard. The publication itself is designed by the STAHS marketing team.

Your Safety is paramount.

You attend STAHS to get a world-class education. Teaching you and preparing you for life beyond school is an important job for us at the School, but our **most important job** is to make sure that you are safe. This is called 'safeguarding children', and keeping you safe is *every adult at the School's responsibility*.

'Children' includes anyone under the age of 18. There is different information that you can have if you are over 18; however, the advice in this document applies to all pupils at STAHS.

Why?

STAHS must follow the guidance in the government's document called *Keeping Children Safe in Education*.

This says that:

Safeguarding and promoting the welfare of children is **everyone's** responsibility. **Everyone** who comes into contact with Children and their families and carers has a role to play in safeguarding children. In order to fulfil this responsibility effectively, all professionals should make sure their approach is child-centred. This means that they should consider, at all times, what is in the **best interests** of the child.

This means that if anyone at the School is worried about you, they will need to talk to other professionals and do something to stop you from being harmed or abused. Every action we take or decision we make will have your **best interests** at heart, and **you will have a say** in what happens.

What is safeguarding?

At STAHS, when we talk about safeguarding, we are talking about:

- Protecting children from harm
- Making sure children are healthy and are allowed to develop
- Making sure that children are safe and cared for
- Taking action to make sure all children are able to achieve their best outcomes

The School has a Safeguarding and Child Protection Policy in place to protect you from abuse and harm. Child abuse is often broken down into four main categories:

Neglect is when a child isn't given the basic things that they need to grow up well. This can include food, warmth, stability, love and somewhere to live.

Physical abuse is when a child is being hurt in a physical way. This includes hitting, burning, shaking and having things thrown at them.

Sexual abuse is when any child or young person is made to do sexual things that they don't want to do or aren't old enough to make the decision. The law says that anyone under 16 isn't old enough to make the decision. It is still abuse if you are over 16 and you don't want to do it. This also includes taking photos, watching films or if someone is involved in sexual acts on the internet.

Emotional abuse is when someone who looks after you is constantly saying things that make you feel bad or upsets you. This can include name calling, humiliation or having to watch someone else being abused that you care about.

How can we help keep you safe?

We keep you safe in a number of ways. Information and advice will be given to you in PSHEE lessons, in form time with your Tutor, during assemblies, and through your subject studies. This information will help you understand:

- Bullying, including cyberbullying
- E-safety
- Drug and substance misuse
- Personal hygiene and looking after your body
- Self-harm
- Sexting
- Healthy relationships - including friendships, family relationships and sexual relationships
- Other issues that affect your health and well-being

What happens if someone is concerned about you?

All staff at STAHS are trained to notice when things aren't quite right with a child. It may be that we notice bruises or other injuries, or a change in your behaviour, for example if you become withdrawn or seem down. If an adult at the school is concerned about you, they will probably **talk to you about it**. Don't worry – we will never force you talk! But we will let you know that we are worried about you, and if you're interested, we can help you find help and support.

Will we tell anyone else?

If you talk to a member of staff, we will treat your information with confidentiality. This means that we won't talk to anyone outside of STAHS about you unless you give us permission to do so (this includes your parents). If we think we need to tell another adult in the School about you, we will discuss this with you first. You will know who we are talking to and why – and you have a right to indicate who you want your information shared with.

BUT...

If someone in the School is worried that you are at risk of being harmed or abused, they will need to tell someone who can help. We will usually tell you that we are going to do this, but if we think telling you would put you in more danger we will try and get you help without letting you know first. Remember, every action and decision will be in your **best interest**.

Talk to someone.

If you are worried about yourself or any of your friends or family then talk to someone. You can...

- Talk to a friend. Your friend can tell an adult at the school if you're embarrassed or worried to talk to an adult yourself.
- Talk to your Tutor, a trusted teacher or someone in the office. There are **no rules about who you talk to** – any adult at STAHS can help you.
- Talk to the School Counsellor – you can ask your Tutor or Housemistress to refer you.
- Talk to the School Chaplain (Mother Clark) – you can visit during her 'drop-in' sessions or email her: dfc@stahs.org.uk.
- Talk to a School Nurse – you can drop in during your free time or request an appointment.
- You can also phone **ChildLine** for free on **0800 1111** or go to www.childline.org.uk and speak to a counsellor online. Childline are there 24 hours a day, 365 days a year.
- **If you think you or a friend is in immediate danger – call 999.**