



# Help us to keep you safe!

Is someone bullying you?

Has someone hit, punched or smacked you or hurt you in any way?

Has someone touched you and made you feel uncomfortable or has someone touched you somewhere where they shouldn't?

tell

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

Has anyone sent you unkind messages or threatened you on your phone, i-pad or other electronic device?  
Have you seen anything online that has upset or worried you?

## Talk To Someone!

Has someone online asked you to do anything that made you feel uncomfortable?

Do not keep it a secret or keep sad feelings to yourself.

Please speak to Mr Vernon, Mrs Long, Mrs Downie, or any member of staff.

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

*Do not eat, drink or smoke what they are giving you.*

**Remember that you have the right to feel safe and happy.**