



Your safety matters. We are here to listen and help.



Speak up. We will listen.

# SAFEGUARDING AT CAMBIAN SCHOOL

Your safety matters. We are here to listen and help.

If you are worried about anything, no matter how big or small, talk to one of us.

## YOUR SAFEGUARDING TEAM



**Michelle Blackburn**  
Designated Safeguarding Lead (DSL)



**Michelle Monteith**  
Deputy Safeguarding Lead



**Vanessa Moore**  
Deputy Safeguarding Lead



**Kelly Murphy**  
Pastoral Lead



Speak to Michelle if you have any safeguarding concerns.



Speak to Michelle if you need support or want to talk.



Speak to Vanessa if you are worried about yourself or someone else.



Speak to Kelly for pastoral support and wellbeing.



### WHEN TO TELL AN ADULT

You should always tell an adult you trust if:

- You feel sad, worried, scared or upset.
- Someone hurts you, or you are being bullied.
- Someone is saying or doing things that make you feel uncomfortable.
- You are worried about a friend or someone else.
- Something doesn't feel right.

It is never your fault. We are here to help.



### WHAT TO DO IF YOU ARE WORRIED

- 1 Speak to an adult you trust in school.
- 2 You can speak to any member of staff.
- 3 We will listen to you and take you seriously.
- 4 We will help you and keep you safe.
- 5 If you need extra help, we will support you to get it.



### KEEPING SAFE ONLINE

- Keep your personal information private (e.g. your name, address, school, photos).
- Do not share passwords.
- Be kind – do not bully or be mean online.
- Only talk to people you know and trust.
- If something upsets you online, tell an adult and don't reply.
- You can block, report and tell.



### YOU CAN ALSO TALK TO THESE ORGANISATIONS

**childline**

ONLINE, ON THE PHONE, ANYTIME

0800 1111

childline.org.uk

Free, confidential support for anyone under 19.

**NSPCC**

0808 800 5000

help@nspcc.org.uk

Help for children and families.

**COMPASS BUZZ**

0333 577 2333

compass-uk.org/buzz

Advice and support for young people.

**THE MIX**

0808 808 4994

themix.org.uk

Support for under 25s about any issue.

If you are in immediate danger

999

Call 999 or speak to a trusted adult straight away.



**You have the right to be safe.**  
We will listen, take you seriously and help keep you safe.  
It's OK to ask for help.



You can speak to any adult in school if you don't feel able to speak to the team.



We are here for you. You are not alone.