

St Peter's - Safeguarding information for children

If you are feeling worried about something you should always try and speak to the grown ups that you are living with.

If those people cannot help you, or you do not feel that it is safe to talk to them, you can call [Childline](https://www.childline.gov.uk) on 0800 1111.

Remember if it is an emergency, or you are in real danger, you should always dial 999.

Do what you can to keep yourself safe and well -

- do your best,
- do what adults ask you to,
- get enough sleep,
- get some exercise every day,
- take some time each day to be on your own
- take some deep breaths.

There are lots of fun and interesting things you can do on the internet. And it can be a great way to stay in touch with friends. But it's important to understand how to stay safe online.

Keep your personal information private - talk to your parents about how you can do this when you are at home.

Always take care with what you share and never share personal or private information, like where you live, or your telephone number.

If you see anything online that you don't like, or that makes you feel upset, tell a grown up that you trust straightaway.

Think very carefully before sharing any photographs, even with your friends. Always check with an adult first.

When you are using a computer, a tablet, or your phone remember -

Treat others with kindness.

Be truthful - don't brag or exaggerate.

Be honest.

Only say online what you would say if the person was standing in front of you.

Never type anything online that you would not be happy for your parents, or your teachers to read.

If you read something that you do not like, or someone says something about you that you do not like, always tell a grown up that you trust, straight away.

At St Peter's we want to be absolutely sure that everyone is safe online. Teachers at school have to follow rules about what they are allowed to do online, as well as children.

At St Peter's we use Microsoft Teams. Anything that happens on Teams is recorded so that your teachers can go back and look at it and read it, whether it is sent as part of 'chat', is posted for your learning, or is an online meeting.

This means that if anything goes wrong, or anyone says something that is not kind or is not true, we can look back and check who said what and when.

We are very glad that the people who look after our IT can help us do this. It means that everyone is always safe, and if anything goes wrong we can work out what happened and put it right.