



# Reflection Time to be...

*Grow Together Shine Forever*



# Keeping Happy and Safe

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This week's big question...

# How do we know what is normal?



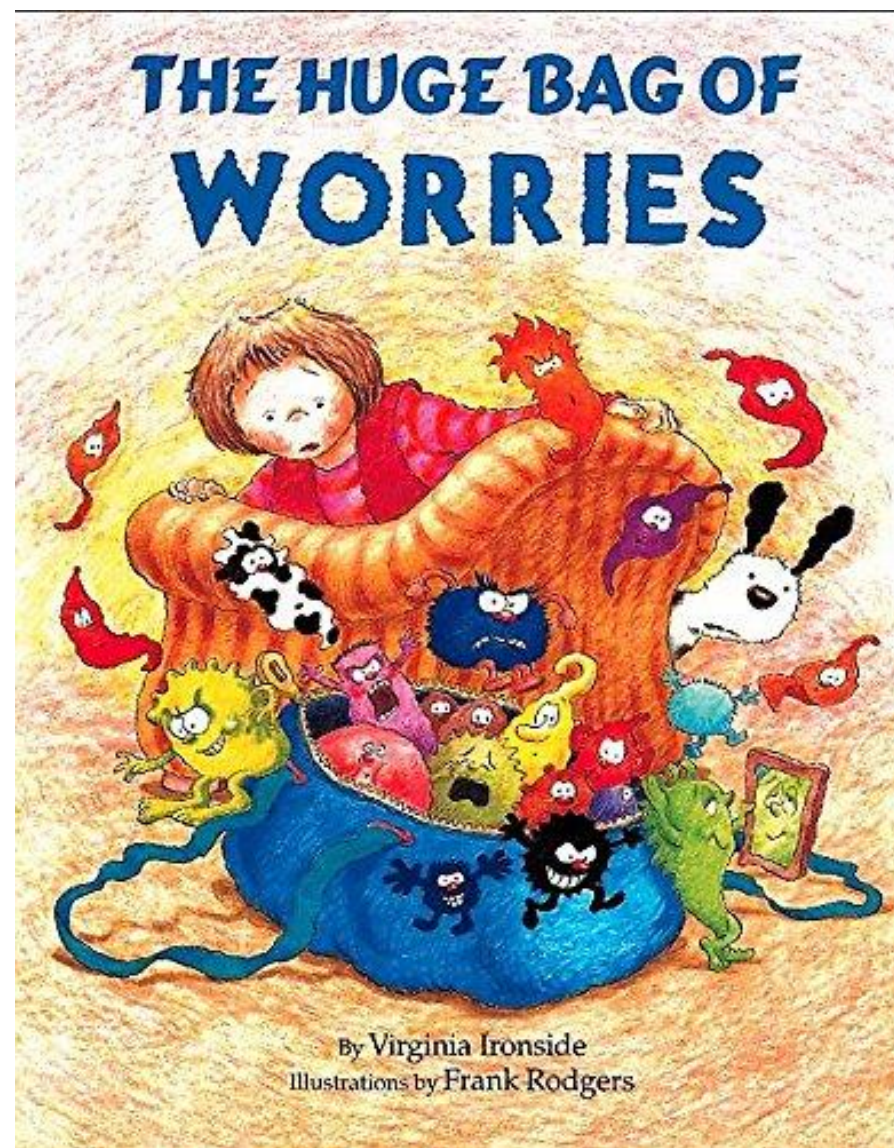


This week's big question...

How do we know when  
we are safe?







# Keeping safe in school...

- Friend
- Teacher
- Learning Support Assistant
- Mrs Roberts
- Any adult





**Keeping safe in school...**

Who else knows about keeping safe?



# Buddy...



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## Buddy says...

Bullying is when children are mean and unkind to each other, not just once but again and again. They might push a child around, leave them out, or send nasty texts or emails. This can hurt on the inside or on the outside, and often both.

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Buddy says...



**Bullying is NOT OK.**





## Buddy says...

Neglect is when a parent or carer does not look after a child properly. They might not give them enough food and drink, or the right kind of clothing. It can also be when a child is left on their own for too long.

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# Buddy says...



**This is NOT OK.**





## Buddy says...

Physical abuse is when an adult deliberately hurts a child's body. They might hit, kick, punch, bite or shake them. This may leave marks on the body such as cuts and bruises. It is not alright to be encouraged to fight with your brother or sister.

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# Buddy says...



**This is NOT OK.**





## Buddy says...

Emotional abuse is when an adult hurts a child's feelings. They might call them names, make fun of them or make a child feel bad about themselves.

This hurts children on the inside.

Seeing or hearing parents or carers hurting each other can also make a child feel bad.

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Buddy says...



**This is NOT OK.**





## Buddy says...

Know the underwear rule. The underwear rule is a simple way to understand how you can stay safe. By learning five easy sayings you can help yourself and others, perhaps a younger brother or sister stay safe.

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## LEARN THE UNDERWEAR RULE



AND YOU'VE GOT IT COVERED!



**P** RIVATES ARE PRIVATE

**A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS THAT UPSET YOU

**S** PEAK UP, SOMEONE CAN HELP



ChildLine is a service provided by the NSPCC.  
2019561, Registered charity numbers 218401 and 5095717





# Say when you do not like something



I don't like  
being tickled.



You are in charge  
of your own body.

## What can you do if you are made to feel uncomfortable?

# Buddy says...

Abuse is never your fault.

Someone might say it is,  
but abuse is NOT OK and  
it needs to stop.



# Who can you talk to in school?



- Friend
- Teacher
- Learning Support Assistant
- Mrs Roberts
- Any adult



# Childline



Children and young people can contact ChildLine 24 hours a day,  
seven days a week.

It's free and confidential

Remember the number: 0800 1111

Remember the site: [www.childline.org.uk](http://www.childline.org.uk)



# Reflection...







'Let Your Light Shine'  
Matthew 5:16



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