

Stafford Grammar School Safeguarding Policy: Keeping You Safe

What is Safeguarding?

At our school, we want everyone to feel safe, happy, and supported. Safeguarding is all about protecting you and making sure you feel comfortable to learn, play, and grow. It means we are here to help if something is worrying you or making you feel unsafe.

Who is Responsible for Your Safety?

Everyone at school is responsible for keeping you safe. Teachers, support staff, and all adults are here to listen and help you if you need it. The safeguarding team at school ensures that all students are safe, protected from harm, and supported if they face any issues. They listen to students' concerns, take action to keep them safe, and work with other adults or services when needed.

- **Our Designated Safeguarding Lead:** Mrs L Griffiths (l.griffiths@staffordgrammar.co.uk)
- **Deputy Designated Safeguarding Leads:** Mrs D Shaughnessy (d.shaughnessy@staffordgrammar.co.uk) ; Mrs G Key and Mrs V Eardley (medical@staffordgrammar.co.uk); Mr D Martin (d.martin@staffordprep.co.uk)

You can talk to them at any time if you are worried about something.

When Should You Speak to Someone?

It's important to speak to a trusted adult if:

- Someone is bullying you.
- You feel scared or uncomfortable about something.
- You're worried about a friend.
- Someone is hurting you, or making you do things you don't want to do.
- You see something online that makes you feel upset.
- You don't feel safe at home or in school.

No problem is too small. We are always here to listen.

How Can You Speak to Someone?

If something is worrying you, here's how you can talk to someone:

- **In person:** Go to your teacher, a member of staff, or our Safeguarding Lead.
- **Through email or a note:** If it's easier, you can write your worries down and give them to someone.
- **Online help:** You can also reach out to websites like Childline for support.

What Will Happen Next?

When you tell us something, we will listen carefully. We will ask some questions to make sure we understand. After that, we will decide what to do to help. Sometimes, we might need to talk to other people, like your parents or special services, to make sure you're safe.

Online Safety

The internet is a great place to learn and have fun, but it's important to stay safe online too!

- **Don't share personal details** like your full name, address, or school.
- **Think before you post** something online.
- **Tell an adult** if you see something upsetting or if someone you don't know tries to contact you.

Bullying

Bullying can happen anywhere – in school, online, or even at home. Bullying is never okay. If you're being bullied, or if you see someone else being bullied, speak to an adult. We will always take it seriously and work to stop it.

Remember:

- **Your voice matters** – you can talk to us about anything.
- **We are here to help.**
- **Never be afraid to ask for help.**

Online Support:

1. Childline

- **Website:** www.childline.org.uk
- **Support/Information:** Offers confidential support and advice on issues like bullying, mental health, relationships, abuse, and online safety. Available via phone (0800 1111), online chat, or email.

2. The Mix

- **Website:** www.themix.org.uk
- **Support/Information:** Provides advice on a wide range of topics like mental health, relationships, drugs, sex, and money. Offers 1-1 chat, phone helpline (0808 808 4994), and a crisis text line.

3. YoungMinds

- **Website:** www.youngminds.org.uk
- **Support/Information:** Mental health support for young people, including advice on anxiety, depression, and self-harm. Offers a crisis text service (text YM to 85258).

4. Papyrus

- **Website:** www.papyrus-uk.org
- **Support/Information:** Specializes in suicide prevention for young people, offering advice and support via their HOPELINE (0800 068 4141 or text 07860 039967).

5. Frank

- **Website:** www.talktofrank.com
- **Support/Information:** Provides information and confidential advice on drugs, including effects, risks, and how to get help. Offers a 24/7 helpline (0300 123 6600) and live chat.

6. NSPCC

- **Website:** www.nspcc.org.uk
- **Support/Information:** Offers support and advice on child protection, abuse, and online safety. They also have a helpline for young people to report concerns (0800 800 5000).

7. Samaritans

- **Website:** www.samaritans.org
- **Support/Information:** Provides 24/7 support for anyone struggling with their mental health or feeling suicidal. Offers a helpline (116 123) and email service.

9. Bullying UK (Part of Family Lives)

- **Website:** www.bullying.co.uk
- **Support/Information:** Specialises in anti-bullying support

10. Respect Not Fear

- **Website:** www.respectnotfear.co.uk
- **Support/Information:** Offers advice on healthy relationships, including how to recognize and respond to abusive or controlling behaviour.

11. Internet Matters

- **Website:** www.internetmatters.org
- **Support/Information:** Provides resources for staying safe online, covering topics like cyberbullying, social media, and online privacy.

13. Brook

- **Website:** www.brook.org.uk
- **Support/Information:** Specializes in sexual health advice for young people, including contraception, STIs, and relationships.