

# Keeping Safe and Happy at Haydn



From time to time life can feel a bit tricky.  
At Haydn there are lots of ways that we can help  
you to feel safer and happier.

If an adult is making you feel unsafe or scared at home or at school - you must tell someone and you will be helped.

## Feeling unsafe at school or at home?

- Your class teacher will always make time for you if you are worried about something.
- Write down what you are feeling and give the note to a trusted adult.
- Talk to a friend, they might come to an adult with you.
- You must protect yourself.

# Who can you speak to at school?



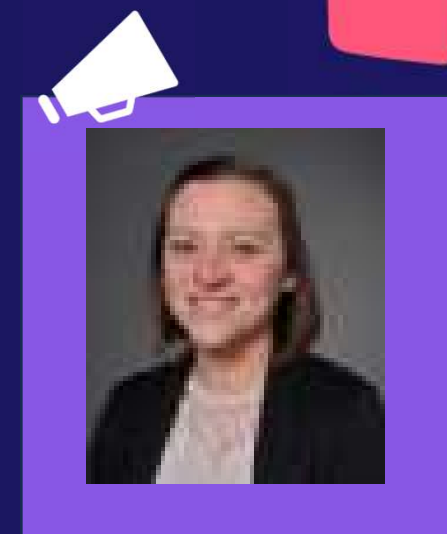
Ms Paulson



Miss Harley



Mrs Evans



Miss Williamson

**And of course your class teacher!**

# Who else can keep you safe?

- If you don't have a trusted adult that you feel that you can talk to call

Childline 0800 1111

# Bullying is not OK

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.

Say when you do not like something.

I don't like  
being tickled.



You are in charge of  
your body.



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