

Important Information

Wellbeing and Safeguarding@wsfg
if you have any concerns you can speak to any adult or the safeguarding team

CHILDLINE

If you need help, Childline is a great place to start and they can direct you to safe organisations to help on lots of issues.
www.childline.co.uk
or call 0800 1111

DRUGS?

Honest advice, help and information about drug use and misuse
<http://www.talktofrank.com/>

SELF HARM?

A support website for young people
www.selfharm.co.uk
Their online self-help programme
<http://aluma.selfharm.co.uk/>

HELP

These websites are here to help
You are not alone – people want to help

LGBTQ+

There are many charities and support organisations. Call Childline and they will direct you towards the most appropriate ones for you

EATING DISORDERS

Advice, support and information on eg anorexia and bulimia
www.b-eat.co.uk/

MENTAL HEALTH

Advice on anxiety, depression, stress and all mental illnesses
www.youngminds.org.uk

GRIEF

If someone close to you has died
www.winstonswish.org/
<https://www.childbereavementuk.org/east-london>

ON LINE SAFETY

Advice and how to report abuse
<https://www.net-aware.org.uk/>
<https://www.ceop.police.uk/safety-centre/>

DOMESTIC ABUSE

Advice and support
<https://www.womensaid.org.uk/>

NEED TO TALK?

Kooth is an on-line counselling service. Great if you need someone to listen and talk to
www.kooth.com

FGM and FORCED MARRIAGE

Contact Childline for support and advice
Report to the Police as an urgent matter on 999

IN SCHOOL SUPPORT

We have learning mentors and a school counsellor in school. If you would like to be referred, please speak to your SPL or a member of the safeguarding team



People to contact.



Deputy DSL
(DSL / Monday/Friday)
Ms R Warren
Assistant Headteacher
Room F05 / X415



Designated Safeguarding Lead
Ms K Pratt
Assistant Headteacher
Room G44 / X435



Deputy DSL
Mr N O'Brien
Deputy Headteacher
Room G45 / X439



Deputy DSL
Ms S Wallis
Assistant Headteacher
Room G66 / X425



Deputy DSL
Ms J King
Pastoral Manager
Room G43 / X444



Mrs C Epelle-Oboko



Ms J McDonald



Mrs W Dominique

Church Hill, London E17 9RZ 020 8509 9446

info@wsfg.waltham.sch.uk



0800 1111



www.ceop.police.uk



0808 800 5000



STUDENT FRIENDLY SAFEGUARDING LEAFLET

Walthamstow School for Girls is an inclusive school that values all.

"Neglect not the gift that is in thee."

What is safeguarding?

Our school has a safeguarding policy for staff, families and governors. This child friendly leaflet is designed for you. There may be times where you want to talk to someone in school about a problem that might be upsetting you.

We have people in school who are specifically trained to help you. It is important to know how to get help if you are worried or unhappy with something.



How to Safeguard yourself

In school we want you to feel happy and safe and able to learn.

What kinds of things might make you feel unsafe?

- Being hurt by an adult or another child.
- Being touched by an adult or another child in a way you don't like.
- Not feeling 'looked after' by the adults in your life.
- Seeing people you love being hurt.

When is it Harmful and Abusive Behaviour? (HAB)

If you feel that someone is being unkind to you or you see/hear this happening to someone else.

What should I do if I see someone who is upset?

- Don't walk away and ignore it.
- Speak to the person who is upset.
- Offer to help.
- Tell an adult.
- Don't keep it to yourself.
- We hope you will support each other.

You can feel unsafe either in school or out of school for many reasons.

It could be:

- Emotional
- People hurting your feelings
- Being asked to do something you do not want to do
- Something is happening at home that is upsetting you
- Physical
- Punching, kicking, hitting, pushing, biting, spitting; people may be hurting you or saying they will hurt you.
- Verbal
- Being called names
- Being shouted or sworn at
- Racism
- Called racist names
- Cyber/online
- Seeing unkind things on social media could make someone uncomfortable

It could be an adult or a child making you feel this way.

Don't be scared to tell someone.

We will always listen.

It is important for you to know....

It is not your fault if someone is hurting, being unkind or abusing you. There is always someone who can help you.

If someone is showing harmful or abusive behaviour towards you, they may also be doing this to someone else, so it is important that you tell someone to make it stop.

What we will do...

We will listen to you.

We will always take you seriously.

We may need to talk with other people (including families) to help protect you and keep you safe.