



# Orsett Heath Academy Safeguarding Policy

## Pupil friendly

Orsett Heath Academy is our school and we want it to be a safe place. This policy has been designed especially for you to help you understand what Safeguarding means and to help you decide what could be a “problem”, what support is available and whom you should talk to.

### Safeguarding means that all staff will;

- Protect you from harm.
- Make sure nothing stops you from being healthy or developing.
- Make sure you are safely looked after.
- Make sure you have the best life chance.

How will we try to protect you? - There are many different ways in which we, as a school work to protect our students.

- We provide a safe, friendly and welcoming environment for students to learn in.
- We help you to recognise risks and to stay safe, both online and in the real world, through PSHE lessons, focus days, assemblies and tutor time.
- We offer support to students who are experiencing difficulties in school or at home.
- We are always here to listen if you need someone to talk to.
- We will always do our best to spot if there is a problem.

### Our Safeguarding Team

Mr Taylor – Designated Safeguarding Lead  
Mrs O’Kill – Deputy Designated Safeguarding Lead  
Miss Driscoll



### Need to talk

Please talk to any adult you feel comfortable talking to, this could be your tutor - This is a great place to start!

### We are here for you!

If you feel you are unable to talk to someone at school, call Childline on 0800 1111, they can also offer you guidance and support. You can also use toot toot, our schools anonymous online reporting service.





What do you need to know about abuse? –There are four main categories of abuse.

Physical Abuse - Hitting, smacking, shaking, throwing, burning, biting etc

Emotional Abuse - When someone upsets you or makes you feel bad. It could be someone in your family saying horrible things to you and makes you feel sad and worthless.

Sexual Abuse - Be aware, this doesn't always mean actually touching a child. It could also be someone making you watch things to do with sex or encouraging you to act in an inappropriate way.

Neglect - Is not providing a child with clothes, food or warmth. It could also mean not taking you to the Doctors when you need to go.

**IT IS REALLY IMPORTANT THAT WE KNOW IF YOU ARE WORRIED ABOUT ANY FORM OF ABUSE, SO THAT WE CAN HELP! ABUSE IS NOT YOUR FAULT!**

### Staying safe – Top Tips

**Bullying** – If you think a student or a grown up is bullying you or someone you know, you must tell your parents/carers, a teacher or someone you can trust as soon as you can. It will not stop unless you do.

**Verbal communication** – If a student or a grown up says something to you, or you hear something that you do not like or that upsets you, you must tell your parents/carer, a teacher or someone you can trust.

**Physical contact** – Your body belongs to you and not to anyone else. This means all of your body. If someone touches you on a part of your body, it is not okay. You must tell your parents/carers, a teacher or someone you can trust as soon as you can. This includes hitting, punching or smacking you by a student or a parent. If this happens, you must report it as soon as possible.

**Secrets** – Secrets such as surprise parties are fun, but some secrets are not good and should never be kept. Bullying should not be kept a secret and no-one should ask you to keep a kiss, hug or touch a secret. You must tell your parents/carers, a teacher or someone you can trust as soon as you can. Do not keep a secret.

**Presents** – Presents can be nice to receive, but you should not take a present from anyone without checking with your parents/carers first. Most of the time it will be okay, but sometimes people try and trick children into doing something by giving them presents (like sweets, money or phones) This is sometimes called a bribe. If it does not seem right, tell someone as soon as you can.

**On the computer or your phone** - Computers and mobile phones help us all to share things and talk to our friends or family, but they can also make it easy for bullies and other people that want to hurt you to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites. If you are unhappy with any comments, chats or photos you've seen on your computer or mobile, then you can contact <http://www.thinkuknow.co.uk> as well as adults in school.

**Vaping** – It is a common misconception that nicotine is not found in vapes. Vapes do however contain a high concentration of nicotine as well as other dangerous chemicals and therefore are highly addictive. These chemicals can be very damaging to your health and can not only cause irreversible lung damage but also slow down your brain development.



Accessing help and support outside of school



NELFT NHS  
NHS Foundation Trust