

# Wellbeing

Mrs Julian

&

Miss Butler

# Wellbeing

We all need help when something just doesn't feel right. You can help yourself and get others to help too.



AND HELP KEEP CHILDREN SAFE

**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

# Good and Bad touch

- Touch can be good or bad.
- People touch you for different reasons.
- No-one should ever ask you to keep secrets about touching.
- If touching doesn't feel right, you should tell someone you trust.

But who exactly can you go to for help  
when you need it?

You can in fact speak to  
anyone you choose; but  
depending upon what help  
you need, different staff in  
school will deal with  
different things.

# The Child Protection Team

When the problems you have mean that you are not safe, or problems are linked to things at home, there are a team of staff in school who can also help you. This is the Child Protection Team.

They will help with things like:

- Violence at home
- Pressure from other people to do things you don't want to
- Someone forcing you do something you don't want to
- Drug or alcohol concerns
- Wanting to hurt yourself
- Concerns you may have about friends

# Remember

Friends can help with problems but it's always best to tell someone else too.

If you are concerned about yourself or someone else, speak to an adult in school.



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