

Student Safeguarding Policy

St Richard Gwyn Catholic High School



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What is Safeguarding?

Safeguarding means keeping you safe from harm. It's about making sure you are protected from:

- Abuse (physical, emotional, sexual)
- Neglect
- Bullying (including online)
- Harmful behaviour from others or yourself

We want you to feel safe, happy and listened to in school and to know who you can turn to for help.

Your Rights

Every child has rights under the United Nations Convention on the Rights of the Child (UNCRC). These include:

- **Article 19** – You have the right to be protected from being hurt or mistreated.
 - **Article 36** – You have the right to be kept safe from things that could harm you.
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Who Can Help Me in School?

If you're worried about anything or don't feel safe, talk to a trusted adult. At St Richard Gwyn, we have special people trained to help:

- **Designated Safeguarding Person (DSP):** *Mrs Kate Roberts*
- **Deputy Safeguarding Person:** *Mr Martin Crawley and Mr Richard Roberts*
- **Other members of the Safeguarding Team:** *Mrs Any Hibberd-Jones, Mrs Sharon Dowd, Mrs Julie Parry and Mr Jack Thorn*
- **Headteacher:** *Mrs Catherine McCormack*
- **Safeguarding Governor:** *Mr John Callan*

You can talk to any teacher or member of staff too – they are all trained to help you.

What Might Be a Safeguarding Concern?

You can talk to us if you are:

- Being physically hurt or shouted at
- Feeling very sad or anxious
- Experiencing bullying (in person or online)
- Being asked to do things that make you feel uncomfortable
- Being touched inappropriately or made to feel unsafe

- Worried about someone else's safety

No worry is too small. If something doesn't feel right, please tell us.

How to Ask for Help

- Speak to the Safeguarding Team
- Speak to a teacher or any member of staff – who is your 'Trusted Adult'
- Visit the Pastoral Hub
- Write a note and give it to an adult in school you trust
- Use the Wellbeing Referral Form on the school website

You don't have to face anything alone.

What Happens When I Tell Someone?

- We will listen to you and take you seriously
 - We may need to tell someone else to help keep you safe
 - We will never promise to keep secrets, but we will only share information with people who need to know
 - We will support you through whatever is happening
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Keeping You Safe at School

We keep you safe by:

- Teaching you how to look after your wellbeing
 - Helping you stay safe online
 - Having clear rules about behaviour and respect
 - Working with your family and other professionals to support you
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Online Safety

Be careful online. If someone:

- Sends you messages or images that upset or scare you
- Asks you to send inappropriate pictures
- Makes you feel pressured or uncomfortable

Tell a trusted adult or the DSP straight away. Never send or share private images.

Bullying

We do not tolerate any bullying in our school. If you are being bullied or see someone else being bullied:

- Tell a teacher or a trusted adult
 - We will listen, act and support you
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Your Voice Matters

At St Richard Gwyn, your safety and happiness are our top priority. We are here to listen, support and protect you. Never be afraid to speak up.

Useful Contacts and Sources of Support

Childline	24 hour helpline for under 18s	0800 11 11	www.childline.org.uk
NSPCC	24 hour child protection helpline	0800 800 5000	www.nspcc.org.uk
The Proud Trust	LGBT and youth support	0161 660 3347	www.theproudtrust.org
Cancer Support	Cancer support line	0808 800 1234	www.cancerbacup.org.uk
Crime Victim support		0808 1689 111	www.victimsupport.org.uk
Crimestoppers Prevention		0800 555 111	www.crimestoppers-uk.org
Samaritans	24 hour suicide prevention line	116 123	www.samaritans.org
Stop Smoking	Quitting helpline 9am-9pm	0800 00 22 00	www.quit.org.uk
Kidscape	Keeping safe, bullying & how to cope	020 7730 3300	www.kidscape.org.uk
Youth Access	Discuss problems confidentially	020 8772 9900	www.youthaccess.org.uk
CALM	Helpline for boys aged 15+	0800 58 58 58	www.thecalmzone.net
Anxiety UK	Anxiety helpline	03444 775 774	www.anxietyuk.org.uk
MIND	Mental health issues helpline	0300 123 3393	www.mind.org.uk
Child Bereavement UK	Child bereavement helpline	0800 028 8840	www.childbereavementuk.org
RELATE	Relationships help	0300 330 5793	www.relate.org.uk
Young Minds	Emotional help	text YM to 85258	www.youngminds.org.uk
Beat Youth Line	Eating disorder helpline	0808 801 0677	www.b-eat.co.uk
Papyrus	Young suicide prevention	0800 068 4141	www.papyrus-uk.org
OCD UK	Obsessive compulsive disorder help	01332 588112	www.ocduk.org
No Panic	Help with anxiety disorders	0300 772 9844	www.nopanic.org.uk
Cruse Bereavement Care	Support for bereaved children	0808 808 1766	www.cruse.org.uk
Grief Encounter	Support for bereaved children	0808 802 0111	www.griefencounter.org.uk
Safer Internet	Tips, advice, guides and resources centre/parents-and-carers	0344 800 2382	www.saferinternet.org.uk/advice-
Mental Health Foundation			www.mentalhealth.org.uk
Health Magazine	Fitness and nutrition information		www.health.com

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MENTAL HEALTH & EMOTIONAL SUPPORT

- **Samaritans** (Suicide prevention): 116 123 | samaritans.org
- **MIND** (Mental health issues): 0300 123 3393 | mind.org.uk
- **CALM** (Boys 15+): 0800 58 58 58 | thecalmzone.net
- **Anxiety UK**: 03444 775 774 | anxietyuk.org.uk
- **Young Minds** (Youth emotional support): Text YM to 85258 | youngminds.org.uk
- **No Panic**: 0300 772 9844 | nopanic.org.uk
- **OCD UK**: 01332 588112 | ocduk.org

CHILD & YOUTH SUPPORT

- **Childline** (Under 18s): 0800 11 11 | childline.org.uk
- **NSPCC** (Child protection): 0800 800 5000 | nspcc.org.uk
- **Kidscape** (Bullying support): 020 7730 3300 | kidscape.org.uk
- **Youth Access** (Confidential discussion): 020 8772 9900 | youthaccess.org.uk
- **The Proud Trust** (LGBT youth support): 0161 660 3347 | theproudtrust.org

BEREAVEMENT SUPPORT

- **Child Bereavement UK**: 0800 028 8840 | childbereavementuk.org
- **Cruse Bereavement Care**: 0808 808 1766 | cruse.org.uk
- **Grief Encounter**: 0808 802 0111 | griefencounter.org.uk

HEALTH & LIFESTYLE

- **Cancer Support**: 0808 800 1234 | cancerbacup.org.uk
- **Stop Smoking Helpline**: 0800 00 22 00 | quit.org.uk
- **Health Magazine**: health.com
- **Mental Health Foundation**: mentalhealth.org.uk

CRIME & SAFETY

- **Crime Victim Support**: 0808 1689 111 | victimsupport.org.uk
- **Crimestoppers**: 0800 555 111 | crimestoppers-uk.org
- **Safer Internet** (Online safety tips): 0344 800 2382 | saferinternet.org.uk

RELATIONSHIPS & EATING DISORDERS

- **RELATE** (Relationship support): 0300 330 5793 | relate.org.uk
- **Beat Youth Line** (Eating disorder support): 0808 801 0677 | b-eat.co.uk
- **Papyrus** (Young suicide prevention): 0800 068 4141 | papyrus-uk.org

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