



Keeping Ourselves and Others Safe

At Kilburn Junior School, we want to make sure you feel safe, happy and looked after when you are in school or at home.



Sometimes we don't know if something is troubling you, so you need to tell us.

Falling Out

There may be times when you disagree or fall out with your friends or family, this is normal behaviour.

If you are scared, hurt or upset by a person you need to tell an adult in school so that we can help.

Say 'No' to Bullying

Bullying can be different things that happen repeatedly:

- Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.
- Physical bullying is punching, kicking, hitting or pushing someone.
- Verbal bullying is teasing someone, calling them names or using rude hand signs.
- Racism means bullying someone because of their skin colour, race or beliefs.
- Cyber bullying involves sending hurtful messages or pictures over the internet or by text message.

Keeping Things Private

Private parts are the parts of our body that we do not show to other people. Our private parts are also private because they should not be touched by other people either, whether they are people inside or outside of school.

If someone shows you their private parts or asks you to touch them, you should tell your trusted adult.