SUPPORTING ONE ANOTHER: THE YEAR 7 GUIDE TO A SAFE SCHOOL

"WELCOME TO YEAR 7! YOU HAVE THE RIGHT TO FEEL SAFE, HAPPY, AND RESPECTED EVERY SINGLE DAY AT OUR SCHOOL. HERE IS HOW WE LOOK OUT FOR ONE ANOTHER."

A YEAR 7 GUIDE TO KINDNESS & RESPECT

1} is it bullying

Disagreement : A one –off argument .People usually say sorry.

Bullying: Unkind behaviour done Several Times On Purpose **(STOP)**.

2} What to Do

- **Walk away:** Stay calm and move to a safe place.
- **Don't fight back:** Shouting or hitting makes it worse.
- **Save evidence:** Take screenshots of online bullying.

3. Be an Upstander

- **Don't join in:** Don't laugh or watch.
- **Be a friend:** Sit with the person and include them.

•4. Who to Tell

•**At school:** Your Form Tutor, Head of Year, or any teacher.
•**How to ask:** Talk to them, or write it in a note or email.

You are never alone. Speaking up keeps everyone safe!

First of all, always talk to your trusted adult to get help. Second, if the situation is too serious, let Ms Holmes know immediately because she is our Lead of Safeguarding. You are never alone, and speaking up keeps everyone safe!

CHSG
Carshalton High School for Girls