

# Top Tips to keep yourself safe

Your safety is really important to us. At the Academy, we do everything we can to make sure that you learn in a safe environment.

Sticking to the Academy Value Contract is one way that you can help us to do this. Below are a list of tips to help you to keep safe, both inside and outside of the Academy.

- Look confident. People are less likely to pick on you.
- Try to go places with friends. If you do go out alone always tell someone where you are going and what time you will return.
- Talk to a trusted adult – someone in the family or someone at school – if anyone says or does anything that worries or frightens you.
- Don't worry about breaking rules if you feel afraid. It's OK to shout at or run away from an adult who is trying to hurt you.
- Carry a mobile phone and put emergency numbers – your parents, police, a trusted adult – on speed dial so you can make a call quickly if you need to.
- If you are taking a bus or train, make sure you have enough money for the return journey. Don't accept money from someone you've never met before.
- Don't accept a lift from someone you've never met before. Call someone to pick you up.
- Stick to well-lit areas where there are people around if you need help.
- Remember that alcohol and drugs can harm your health and can also encourage you to take unnecessary risks.
- This may seem silly – but if someone is frightening you and you can't get away, pretend you are going to be sick over them. It makes them move back, giving you a chance to run.

**Remember, if an adult tries to hurt you it's not your fault. You don't have to do what they say just because they are an adult. Try to find the confidence to tell someone that you are worried. You won't get into trouble.**



**Mr Craig**



**Mrs Reynolds**

## Here are some tips for keeping yourself safe on your mobile and online:

- 📱 Don't put up with abusive texts, photos or videos. Show them to an adult and make sure the person who sent them knows you are taking action to stop them.
- 📱 Think about the language you use in texts. If you wouldn't like it said about you, don't say it about anyone else.
- 📱 Don't lend your mobile to anyone unless it's an emergency.
- 📱 Don't reveal your full name, address or phone number to people you meet on the internet unless you check it out with your parent or another adult first.
- 📱 Don't allow anyone online to trick you into doing something against your wishes or something you know you shouldn't do.
- 📱 Remember that any emails you send or photos you upload to the internet can't be destroyed. They're there forever. Think before you post something you might later regret.
- 📱 Never arrange to meet up with someone you meet online until you tell your parents or another adult. Most people are safe but some are dangerous.
- 📱 Block any users who you are unsure about and break off contact with anyone who makes you feel worried.
- 📱 Don't use your real name in chatrooms or use any handle or nickname that reveals personal details, such as the town or street you live in.
- 📱 You can report internet abuse at the click of a button on a really good website [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



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