

Things you could do:

- Tell a parent, a carer or a family member



- Tell a grown up that you trust in school



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- Write it down and put it in your class prayer/worry box



Never keep it to yourself!

We will:

- Always listen to you



- Find out what has been happening



- Do everything we can to sort it out



- Keep you safe



Who could your trusted grown up in school be?

- ANYONE
- A Teacher
- A Lunchtime Supervisor



We have special grown ups whose job it is to help you.

They are called DSL's. This stands for Designated Safeguarding Leads.

Our DSL's are:

Mrs Cahill

Mrs Hubbard

Mrs Laws

Miss Lennon

Worried about a friend?

Follow the same advice in this booklet. It is great to keep our friends safe.



Will you keep my worries a secret?

We can't promise to keep a secret, but we won't tell other people about your worries unless we have to.

Some problems are too big for us to deal with in school and might need us to speak to other people who can help. We won't tell anyone your problems unless they can help, and we will always tell you who we are talking to and why.



Who else can help?

You can call Childline for free



If you see something online that worries you, you can visit Thinkuknow



St Agatha's Catholic Primary School

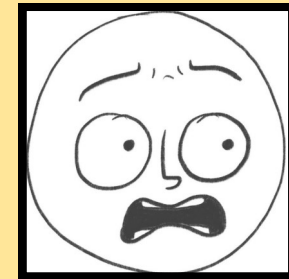
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*"Learning together
in God's love"*

St Agatha's Catholic Primary School

Feeling Worried?



If you feel unhappy, worried

or sad about:

School

Home

Something Else

This booklet will tell you what
you can do!

