 Safeguarding

## Safeguarding in Schools: A Definition

Safeguarding means keeping people safe from harm. Everyone has the right to live in a safe environment, free from abuse and neglect.

There are many definitions of the term, but the statement above covers them all.

Helplines/Websites for Parents and Pupils

[www.childline.org.uk](http://www.childline.org.uk) 08001111

Childline – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help – online or call. Childline is a counselling service for children and young people up to their 19th birthday in the UK.

[www.nspcc.org.uk/keeping-children-safe/](http://www.nspcc.org.uk/keeping-children-safe/) 0808 800 5000

The National Society for the Prevention of Cruelty to Children is a charity campaigning and working in child protection in the UK

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children (from age 4) both online and offline.**

**Explore one of the six Thinkuknow websites for advice about staying safe when you're on a phone, tablet or computer.**

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

Welcome to the UK Safer Internet Centre, where you can find online safety tips, advice and resources to help children and young people stay safe online.

[www.internetmatters.org](http://www.internetmatters.org)

Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

<https://www.bbc.co.uk/bitesize/topics/zfcvhbk>

Foundation stage guides: safety, online safety and road safety.

[SIX TOP TIPS To Keep Primary Kids Safe Online During School Closure](https://static.lgfl.net/LgflNet/downloads/digisafe/Parent-Top-Tips-Safe-Online-Corona.pdf)

Children are bound to spend lots more time on devices during school closures or holidays. DON’T FEEL BAD ABOUT IT – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

<https://www.samaritans.org/>

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

24/7 -116 123

[www.mycwa.org.uk](http://www.mycwa.org.uk)

0300 123 5101

We provide emotional, personal and practical advice to families in Cheshire affected by domestic abuse.

<https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx>

Livewell getting help services via Cheshire East

<https://www.openthedoorcheshire.org.uk/>

Are you, or someone you know, in a [relationship that doesn’t feel quite right?](https://www.openthedoorcheshire.org.uk/find-support/i-am-worried-about-someone/opening-up-the-conversation/)Is one person in the relationship controlling, manipulative, abusive, or violent?  
If so, this is an unhealthy relationship and is defined as [domestic abuse.](https://www.openthedoorcheshire.org.uk/find-support/i-am-worried-about-someone/what-is-an-unhealthy-relationship/)

What happens behind closed doors doesn’t have to stay there. This website has been designed to help you if you, or someone you know, is in relationship that doesn’t feel quite right.

<https://www.actonitnow.co.uk/>

Resources and information around healthy and safe relationships

<https://www.cescp.org.uk/parents-and-carers/parents-and-carers.aspx>

Cheshire East Safeguarding Children’s Partnership. Keeping Children Safe in Cheshire East.

Whether you are a parent, carer, family, friend or neighbour we can all play our part in keeping children safe, happy and well.

Here you will find help with issues and solutions available to keep children safe online to acting on your concerns regarding bullying you've seen or abuse you suspect.

<https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/>

The impact bullying has on children and young people can be serious, but there are actions you can take to support your child and protect them from harm. Within this section you will find plenty of practical tips to help you deal with bullying and its associated issues such as [online safety](https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/cyberbullying-and-digital-safety/), [schooling](https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/bullying-at-school/), [raising self-esteem](https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/talking-about-bullying-with-your-child/) and [encouraging positive behaviour](https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/help-your-child-respect-others/).

<https://www.cheshireeast.gov.uk/livewell/staying-safe/community-safety/bullying/bully-free-cheshire-east.aspx>

Helping to be Bully-Free- Cheshire East

Other useful helplines:

The Men’s Advice Line, for male domestic abuse survivors – 0808 801 0327

National Domestic Violence Helpline – 0808 2000 247 (24 hours)

National LGBT+ Domestic Abuse Helpline – 0808 999 5428