

# Who can I tell

- A friend
- A teacher
- A parent
- Childline
- The police
- Youth Worker
- An adult you trust

# No matter how small

If you or another young person is suffering any of the following we advise you to come and talk to the Safeguarding Team or another adult you trust.

- Bullying including verbal, emotional, physical, sexual and cyber.
- Problems at home or at school.
- Sadness, depression and feeling low.
- If you are being physically harmed.
- If you are being pressured by an adult into doing something you do not want to.
- If you have harmed yourself or thinking about harming yourself.
- Having issues with food, weight and self esteem.
- Thoughts of suicide.
- Thoughts of harming other people.
- Anything that is making you feel frightened, scared, upset or angry.

# Tapton SCHOOL Safeguarding Team



# Because we care

WE ARE  
HERE  
— TO —  
HELP

# Useful Links

Here are some useful contact details for places that might be able to help.

**Childline:** Has lots of information about a range of issues. Features one to one chat room, videos and lots more. [www.childline.org.uk](http://www.childline.org.uk) tel: 0800 11 11

**Kidscape:** Advice on keeping safe, dealing with bullying and how to cope. Tel:020 7730 3300

**Youth Access:** Discuss problems confidentially. [www.youthaccess.org.uk/](http://www.youthaccess.org.uk/)

**Relate:** Information and support regarding relationships [www.relate.org.uk](http://www.relate.org.uk)

**Young Minds:** YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. <http://www.youngminds.org.uk/>

**Sheffield Young Carers** Sheffield Young Carers is an independent charity that has existed in Sheffield since 1997. We are dedicated to supporting young carers across the city. <http://>

# YOUNGMINDS

The voice for young people's mental health and wellbeing

relate  
the relationship people

SHEFFIELD  
YOUNG  
CARERS

ChildLine  
0800 1111

kidscape  
preventing bullying  
protecting children

# Who are we?

The safeguarding team work within your school. We are based in different areas. There will always be at least one of us available for you to talk to. You can also talk to another adult in school you trust and they may come to us for support and our help. This will always be done in the most effective way. We cannot keep secrets but we can help.

# Where you can find us

Name	Room
Mrs Tabani	1st Floor Library Corridor
Mrs Higgins	1st Floor Y10 Office
Mrs Easdown	Ground Floor Y8 Office
Mrs Travers	Ground Floor Y7 Office
Mrs Czauderna Mrs Allinson	1st Floor Year 9 Office
Mr Chisem Ms Mohammed	1st Floor Year 11 Office
Ms Mitchell	6 <sup>th</sup> Form Office
Mr Wright	6 <sup>th</sup> Form Office

# Talk to us

If you are upset, worried or have something on your mind. If you need support and help then we will support you and do our very best to help. If you are being harmed in anyway or know of another young person that is being harmed then please come and talk to us about it. We will never turn you away and not take you seriously. We do not judge anyone and will always be open and friendly when discussing what is happening.

# We are here to help