Safe Adults at School

Who helps keep us safe and happy?



What does feeling safe mean?

Feeling safe means feeling happy, calm, cared for and protected.

When you feel safe, your body feels calm, relaxed and peaceful inside.



Listening to your early warning signs

Your body tells you when something does not feel right



Butterflies

Fluttery feelings in your tummy.



Fast heart

Your heart thumps quickly.



Sweaty hands

Your palms feel hot or clammy.

Surprises versus unsafe secrets

Good surprises

A birthday card or a wrapped present.

They make people smile and are told soon!

Unsafe secrets

Things that make you feel worried or uneasy.

Never keep a secret that gives you tummy butterflies!

Who are your safe/ trusted adults in school?



Teachers

Always ready to listen in class



Teaching assistants

Here to support and care for you



Lunch supervisors

Helping you outdoors and at lunch



School office and site staff

Always on hand to help anyone

Three steps to get help



1

Notice feeling

Spot your tummy flutter or worry.

2

Tell an adult

Say what happened clearly.

3

Keep asking

Keep telling until you feel safe

Quiz Time

What should you do if an adult is busy when you need help?

1. Forget about it and stay worried
2. Keep the worry as a secret forever
3. Run away from the school playground
4. Tell another safe adult until someone listens and helps

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