



# SAFEGUARDING, MENTAL HEALTH & WELLBEING TEAM

**FEELING  
SAFE  
AT COLLEGE**



St Helens College



Knowsley  
Community  
College

# MEET THE TEAM



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# SAFETY AND WELFARE

The College believes that your safety and welfare is very important and that we have a special responsibility to safeguard and promote the welfare of all students. This means that we should notice if you are being treated badly, listen to you if you want to talk about a problem and take advice from other professionals if you need extra help.

People are nearly always safe at home, at College and in the community, but sometimes things can happen to make them worried, upset or afraid.

When people are hurt in some way, this might be called 'abuse'. If we think a student has been harmed or is at risk of being harmed, we have a Safeguarding Policy that provides us with guidance to help.

Safety is the responsibility of 'everyone' at the College.

This booklet will give you some tips about how to keep yourself safe, and will also provide details of the people you can talk to if you are worried, upset or afraid.

Remember, you do not need anybody's permission to talk about your worries and you have the right to talk to anyone you wish.



# PREVENT EXTREMISM AND RADICALISATION



## TRUST YOUR INSTINCTS

IF SOMETHING DOESN'T SEEM  
RIGHT, PLEASE CONTACT THE  
SAFEGUARDING, MENTAL  
HEALTH & WELLBEING TEAM

 **SAFEGUARDING,  
MENTAL HEALTH &  
WELLBEING TEAM**



St Helens College



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# HOW WE KEEP YOU SAFE

**The College does a lot of things to help our students to stay safe:**

- A Safeguarding Policy that provides staff with information on how students may be harmed, any signs to look out for and guidance on what to do.
- Other policies that provide staff and students with information about things such as bullying and internet safety.
- All staff have to have an enhanced DBS check to ensure that they are suitable to work with our students.
- All staff are trained to recognise signs of abuse and neglect and to know what to do if they are concerned about a student.
- We encourage students to let us know when something is wrong.
- We respect all of our students as individuals and do not tolerate any form of discrimination.
- We provide information to students to help keep them safe.
- We do a risk assessment of student activities to ensure that they are safe.
- We have a Health and Safety Policy that covers areas such as fire regulations, first aid, food safety and ensuring that all College premises are safe.
- The Safeguarding Team have specialised training to be able to support our students and they ensure that the Safeguarding Policies are followed.
- We work in partnership with parents/carers/guardians to keep our students safe.
- If necessary, we talk to other people such as Social Workers or Police Officers, if we feel a student is at risk of harm.



# HOW WE KEEP YOU SAFE

**01**

Try your best to look confident and stand tall. People are less likely to pick on you.

**02**

Try to go to places with your friends but if you have to go alone, make sure that you tell someone where you are going and what time you will be back.

**03**

Talk to a trusted adult if someone says or does anything that worries or frightens you. This could be someone in your family, or someone at College.

**04**

If you are afraid of someone, or if they are trying to hurt you, shout or run away.

**05**

Make sure you have your mobile phone with you and put emergency numbers such as your parents or the Police on speed dial so that you can ring them quickly if you need to.

**06**

If you are using public transport, make sure that you have enough money for the return journey and do not take money from someone that you do not know.

**07**

Do not accept a lift from someone you have never met before.

**08**

When walking alone, try to stick to well-lit areas where there are people nearby if you need help.

**09**

Try to remember that alcohol and drugs can harm your health, and can encourage you to take unnecessary risks.

**10**

This one may seem a little silly, but if someone is frightening you and you cannot get away, pretend to be sick over them as this causes them to move back, giving you the chance to run away.



# STAYING SAFE ON YOUR MOBILE & ONLINE

**01**

Do not put up with abusive texts, videos or photos. Show them to an adult and make sure that the person who sent them, knows that you are taking action. Do not delete them until the problem is sorted.

**02**

Think about what you say in text messages. If you would not like someone to say these things to you, then do not say it to others.

**03**

Do not lend your mobile phone to anyone unless it is an emergency.

**04**

Do not reveal your full name, address or phone number to anyone that you meet online until you have checked it out carefully and it is safe for you to do so.

**05**

Do not allow anyone online to trick you into doing something that you do not want to do or something that you know you should not do.

**06**

Remember that any emails you send or photos that you upload to the internet, cannot be destroyed. They are there forever. Think before you post.

**07**

Do not arrange to meet up with someone that you meet online until you tell another adult. It may be dangerous.

**08**

Block any users who you are unsure about and break off any contact with anyone who makes you feel worried.

**09**

Do not use your real name in chat rooms or use any handle or nickname that reveals personal details, such as the town or street where you live.

**10**

You can report internet abuse very easily by logging on to the following website: **[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**

It only takes  
**ONE**  
**KNIFE**  
to ruin someone's life...

Let's tackle this together  
as a community.



# USEFUL NUMBERS AND WEBSITES

Barnardo's (Counselling for under 18's)	01744 818930
Beat Eating Disorders	0808 801 0677
CAMH's Single Point of Access (Counselling under 18's)	01925 579405
CGL (Over 18's Drug/Alcohol Addiction) St Helens	01744 410752
CGL (Over 18's Drug/Alcohol Addiction) Huyton	0151 482 6291
Childline (Counselling for under 18's)	0800 1111
Engage (Under 18's Drug Issues)	0151 482 6291
First Step (Domestic Abuse Issues Knowsley)	0151 548 3333
Housing Options Knowsley	0800 694 0280
Housing Options St Helens	01744 67515
IAPT (Counselling for Depression & Anxiety Knowsley)	0151 430 1707
Karma Nirvana (Forced Marriage Helpline)	0800 5333 247
Knowsley Children's Services	0151 443 2600
Kooth (Under 18's Counselling) Knowsley	kooth.com
Liverpool Children's Services	0151 233 3700
Mindsmatters (Over 18's Counselling)	01744 647100
NHS (Medical Helpline)	111
NSPCC	0808 800 5000
Papyrus (Helpline for under 35's Feeling Suicidal)	0800 068 41 41
Rape Centre (Cheshire & Merseyside)	01925 221546
Rape & Sexual Abuse Centre	0151 218 7960
St Helens Front Door (Children/Adult Services)	01744 676767
Stop Hate Crime	0800 1381625
Talk to Frank (Government Helpline for Drug Issues)	0300 123 6600
The Samaritans (Listening Service)	0845 79090
Warrington Children's Services	01925 444239
Wigan Children's Services	01942 828300
Young Carers St Helens	01744 677279
Young Carers Knowsley	0151 443 5059
Young People's Drugs & Alcohol Team (St Helens)	01744 677279



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