

# St Benedict's Catholic College



## Safeguarding Information for Students

If anyone says or does something that worries you or frightens you, talk to a trusted adult. That might be somebody at school (see the last page of this leaflet) or a member of your family.



The Designated Safeguarding Team in school are:

**MRS SANTINELLI:** Principal

**MRS DAVIS:** Designated Safeguarding Lead

**MRS PAVEY:** Deputy Designated Safeguarding Lead



### What we do to keep children safe:

1. We have a safeguarding policy which explains what staff should look out for and then what they should do.
2. We have other policies for staff and students regarding internet safety, physical contact and bullying.
3. All staff go through a check to assess their suitability to work with children.
4. We encourage children to tell us when something is wrong.
5. We respect all students as individuals and we don't tolerate discrimination.
6. We give students information to help them keep safe.
7. We do risk assessments to check activities are safe.
8. We have a health and safety policy that covers fire regulations, first aid, food safety and ensuring the premises are safe.
9. Mrs Santinelli, Mrs Davis and Miss Smale have had extra training to protect children and make sure the school safeguarding policies and procedures are followed.
10. We work with parents/carers/guardians
11. If necessary we talk to other people such as social workers and the police if we think a student may have been harmed or might be harmed.

## Really Helpful Websites and Numbers to Support Wellbeing

**Kooth** – an online mental wellbeing community offering free, safe and anonymous support.

[Click here](#) to sign up.

**Young Minds** – a fantastic charity whose mission is to improve the lives of young people all over the UK. [Click here](#) to find help about looking after yourself. [Click here](#) if you are in crisis and need urgent help, 24/7.

**Samaritans** - provide a service where someone will listen to you and help you talk through your concerns, worries and troubles. They provide emotional support for those with feelings of despair or distress and are struggling to cope or are at risk of suicide. [Click here](#) to find out how to contact a Samaritan at any time of the day.

**Shout** – A 24/7 free text service for anyone in crisis anytime, anywhere. If you're struggling to cope and need immediate help text 85258. [Click here](#) to visit the website.

**Childline** – a help and advice charity that provides a counselling service for children and young people. It is free of charge and confidential. A multilingual service is provided. [Click here](#) to find support on their website. Call 0800 1111 to speak to Childline about anything that is worrying you, day or night.



### Keeping Safe: Top Tips

- Try not to go out alone. If you do, tell your parents where you are going and when you will be home
- Stick to well-lit areas
- If anyone says or does something that worries or frightens you, tell a trusted adult
- Carry a mobile phone and put emergency numbers on speed dial
- Don't accept a lift from someone you've never met before
- Remember that alcohol and drugs can harm your health and can also encourage you to take unnecessary risks
- Do not accept money from strangers. If you are using public transport, make sure you have enough money for the return journey.

### Keeping Safe Online: Top Tips

- Don't lend your devices to anyone, unless in an emergency
- Keep your profile settings private so that only friends can see
- Only interact with people you know
- Remember that anything you send or upload can never be destroyed forever
- Block anyone who you are unsure about or who makes you feel worried
- Never give out personal information to people on the internet eg. your full name, address, phone number or private images
- Don't put up with abusive messages or disturbing content. Show them to an adult and don't delete them until the problem is sorted
- Think about the language you use

## Specific Support



### Eating Disorders

**Beat** - provides information on eating disorders and offers support to assist recovery. [Click here](#) for their under 18's helpline (phone & email) if you need support. A helpline for adults is also available.

**talkED – (previously Anorexia and Bulimia Care)** provides emotional support and practical guidance for anyone affected by eating disorders, including parents/carers, family and friends. [Click here](#) for their helpline (phone & email) if you need support, or are concerned about someone you know.

### Self-Injury

**Self-Injury Support** - Free confidential support for girls. [Click here](#) for their text, phone and web chat helpline.

**Life Signs** - [Click here](#) to get some support with telling others about your self-injury



### Bereavement

**Winston's Wish** – The UK's childhood bereavement charity. [Click here.](#)

### Depression and Anxiety

**The Mix** - [Click here](#) for a free and confidential support service for children and young people under 25. They help with many challenges that are faced in society today—from mental health, to money worries, from relationship break-ups to drugs, from homelessness to finding a job.



### General Health

**NHS** - The NHS is there to help you take control of your health and wellbeing and provide a range of services to book appointments online.

**FRANK** - [Click here](#) to find out everything you need to know about drugs, their effects and the law. You can talk to **Frank** for facts, support and advice on drugs and alcohol.

**ESSEX SEXUAL HEALTH SERVICE** - [Click here](#) - to find support for matters relating to sexual health

Remember, if an adult, an older young person tries to hurt you, it's not your fault.  
You don't have to do what they say just because they are an adult  
or older than you.

**Form  
Tutor**

Principal:  
**Mrs Santinelli**

Vice Principal:  
**Mr Callaghan**

Assistant Principal:  
**Mrs Davis**

Assistant Principal:  
**Mr Cretu**

Assistant Principal:  
**Mr Muttock**

SENDCo:  
**Miss Smale**

Senior Tutor  
**Mr Rafter**

Pastoral:  
**Mrs Jennings**

Pastoral:  
**Mrs Hallows**

Pastoral:  
**Miss Lever**

Pastoral:  
**Mrs Pavey**

Pastoral:  
**Miss Wilson**

Director of  
Achievement and  
Behaviour  
**Mrs Verhofstadt**