

How to keep safe, happy, and healthy!

Information for children

This pamphlet will give you information on what to do when something is bothering you, or what to do when you need to talk to somebody.
It's good to talk!



I have the right...

Under the United Nations Convention on the Rights of the Child (UNCRC), every child and young person have 42 rights.

These 42 rights include the tools to ensure that each child and young person can grow happily, healthily, and safely

In the weekly assembly we will discuss our 'right of the month', to ensure you understand your rights.

Scan the QR code to find out more.

Internet safety

Children and young people have the right to be safe on the internet.

Remember the SMART rule when using the internet.

Scan the QR code below to visit the Schoolbeat website.



Ask permission before posting a photo online.



Only share pictures that are showing you in a positive way.



Never share pictures of your private parts.



Tell a trusted adult if anyone asks you to share a personal photo.



Never share anything online that might hurt or upset another.



Check with a parent or carer before you share something online.



Talk to a trusted adult if someone sends you something upsetting.



Never share personal info online like your mobile number.



Only share things you wouldn't mind a trusted adult seeing.



Have your privacy settings friends only. So you control who sees what you share.



Pants Rules



What to do?

Learn to recognise and understand your feelings. If you're feeling unsafe or uncomfortable, tell an adult that you trust.

Remember there's always someone there to listen

Remember to speak up

Remember your rights

Remember to ask for help

Remember to talk and share your problem



How are you feeling today?

happy anxious sad angry excited calm

6 things you can do to help you feel good

- Talk to someone you trust about how you're feeling
- Go outside and get some fresh air
- Listen to your favourite music
- Keep active - run around or play games
- Eat lots of healthy food
- Have a good night's sleep

Need someone to talk to?

Call Childline for free **0800 1111**

24 hours a day **7** days a week

In an emergency, text **SHOUT** **85258**

Health and wellbeing

Childhood is a period when you change and develop, and whilst growing and developing you will face a broad variety of challenges and pressures in many different areas of your life.

Remember to speak up and try to use the strategies you learn during Cwtsh Clonc and circle time to help.

Don't sink into yourself and become invisible, use your voice to speak to someone, they will help!

Who can help?

Remember to share your feeling / worries with someone.
Someone you trust.

- Family members
- School staff
- Childline - Helpline 0800 11 11
- NSPCC - Helpline 0808 800 5000
- The Samaritans - 08457 90 90 90
- Pembrokeshire Child Protection - 08708 509 508
- Meic - 08088023456
www.meiccymru.org/cym/
- Police - 101 or 999

