

“Feel Think Do”

Children at Risk from Sexual Abuse

“Feel Think Do” is a personal safety programme designed to help children talk about their feelings, judge risks and to keep themselves safe from sexual abuse. It is included within the 3-12 sexual health and relationships curriculum at primary 6/7.

The programme starts with a look at our feelings, how to name our feelings and how our bodies feel when we are safe and when we are frightened.

The children are told to never ignore their feelings, particularly if they are feeling unsafe in any situation.

One of the core messages of “Feel Think Do” is for every child to create a network of 5 adult friends - their MY5 - to contact if they have any concerns about any issues in their life. Their MY5 creates a safe place for them to go to if they ever feel distressed or unsettled about anything.

Parents will be consulted on the programme prior to delivery.

Contact Details

Falkirk Council Education Services

McLaren House
Marchmont Avenue
Polmont FK2 0NZ
www.falkirk.gov.uk
Tel: 01324 506600

Local Social Work Offices

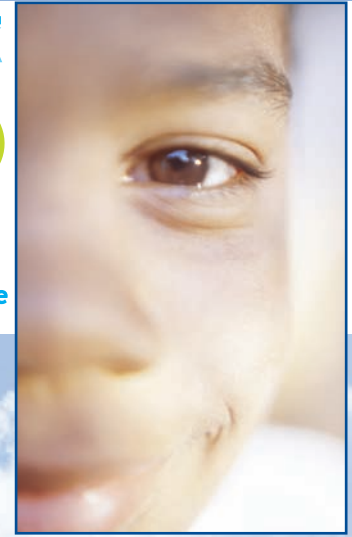
Denny	01324 504160
Stenhousemuir	01324 503503
Grangemouth	01324 504343
Grahamston	01324 506595
Camelon	01324 501200
Laurieston	01324 500300
Bo’ness	01506 778668

Police Family Unit
01786 456000

Scottish Children’s Reporter Administration
01324 626996

Open Secret
01324 630100

*Thanks to Anne Stewart, Parents Initiative
Co-ordinator, Falkirk Council and the
parents/carers of Westquarter Primary School
in the production of this leaflet.*



Protecting Children and Young People

Information for Parents/Carers

Headteacher _____

Child Protection Co-ordinator _____

Additional Information



What our Children say

Get to know us, Speak to us, Listen to us,
Take us seriously, Involve us, Respect our privacy,
Be responsible to us, Think about our lives as a whole,
Think carefully about how you use information about us,
Put us in touch with the right people,
Use your power to help, Help us be safe,
Make things happen when they should.

The Children's Charter 2004

School Responsibilities

- All school staff are trained in Falkirk Council child protection guidelines.
- There are a range of policies and support systems in place that help children stay safe and well.
- The school ensures learning opportunities that enable children to develop the skills to protect themselves and make positive and safe choices in their lives.
- The school works in partnership to ensure the best support possible.

“Teachers and school staff provide support to children and young people in their daily work and have a VITAL role in protecting them from harm.”

Indicators of Child Abuse

All members of staff are trained to be alert to what could be indicators of child abuse.

The child may:

- Have unexplained bruising or bruising in an unusual place
- Appear afraid, quiet or withdrawn
- Appear hungry, tired or unkempt
- Be acting out in a sexually inappropriate way
- Have too much responsibility for their age
- Self harm
- Worry or have a “frozen” reaction to touch
- Have a lack of trust or be over familiar and attention seeking
- Show signs of isolation, anxiety, depression

A child may display some of these signs and symptoms for other reasons, they are not necessarily signs of abuse.

Online Safety for Children

Children can be at risk from abuse if they do not follow certain rules. All pupils will be involved in online safety awareness.

STAY SMART ONLINE

www.kidsmart.org.uk

- S** Keep **SAFE** by being careful not to give out personal information
- M** **MEETING** someone you have contacted online can be dangerous. Speak with your parent/carer about this. Make sure they are present if you do decide to meet up
- A** **ACCEPTING** emails, IM messages, opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages
- R** How **RELIABLE** is the information you are receiving? Someone online may be lying about who they are
- T** **TELL** your parent/carer or a trusted adult if someone or something makes you feel uncomfortable or worried. You can report online abuse to the police at: www.thinkuknow.co.uk

PARENTS/CARERS

- Know what your children are doing online - ask them to show you anything you don't understand.
- Consider having internet access in a family room.
- Ensure webcams are switched off or turned to the wall when not in use.

