

# **Safeguarding and personal safety pack**

# **Roots *and* Shoots**

**2020-2021**

**WALNUT TREE WALK, KENNINGTON, SE11 6DN**

**Charity number: 1064070**

# Safeguarding and personal safety pack

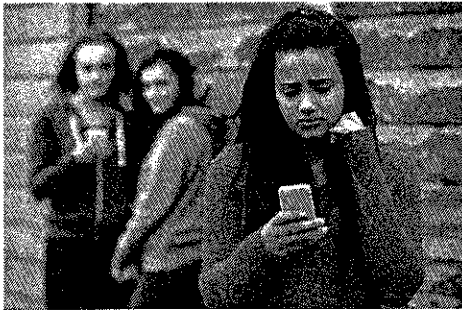


Please write your name and the date below. Below that, please sign your name.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Write the most appropriate answer you can think of in each situation. You can research the answers if you're not sure.



**What should you do if you see someone is being bullied or picked on?**

**What should YOU do if you are the person who is bullied or picked on?**



**Look at the picture to the left. What does it mean?**

**If you hear a fire alarm in the building, what should you do? Please write more than one sentence when you answer.**

**Put a tick next to the things below that you SHOULD do during a fire alarm:**

**SCREAM**

**LOOK FOR OTHER PEOPLE**

**HIDE**

**RUN**

**GO TO THE TOILET**

**LEAVE WITH STAFF**

**LEAVE CALMLY**

**DO NOT WAIT AROUND**

**LOOK FOR BAGS/PERSONAL ITEMS**

**If there is a real fire, what emergency number would people normally call? Please write answer below.**



If someone has a serious accident or gets seriously injured or is unconscious (like the person above),

which of the things below should you do? Please circle the correct ones.

PERFORM FIRST AID ON THEM

STAY WITH THEM OR NEARBY

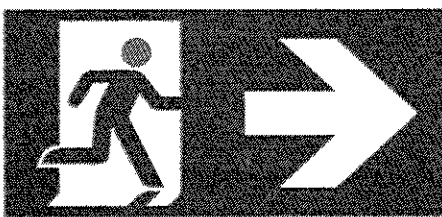
TELL STAFF OR AN ADULT

CHECK IF THEY CAN HEAR YOU

If someone has a serious injury or is unconscious and there is no adult/staff around, what emergency number should you call? Please write the answer below.

Why is it important NOT to try and perform first aid on someone else unless you know what you're doing?

Can you write below the following pictures what each symbol means:



# Online Safety



**This section is about safety and safeguarding when using messaging and the internet.**

**Write TWO things below that you can do to stay safe online.**

**Why is online bullying and sending negative messages to others a serious issue?**

**Write TWO things below that you should do if someone suspicious tries to contact you through messaging or the internet.**

**At Roots and Shoots we take trainee safety and safeguarding seriously. Write THREE things below that you can do to support other trainees, and make sure they feel welcome.**

**Thank you for completing our Safeguarding and Personal Safety pack. Now please check your answers and then put this in your folder. 😊**

Signed by the Director:

Linda Phillips

Date: 9/4/20

Signed by the Chair of Trustees:

V. a. Blaydel

Date: 9/4/20

