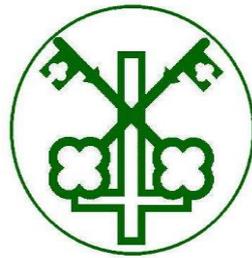


# Llanbedr Church in Wales Primary School



Ysgol Gynradd Llanbedr

## Happy Hearts & Healthy Minds



## Keeping you safe !

If someone is hurting you or your friends, there are people who can help you and stop people from making you feel scared or hurt.

You should tell someone you trust:

- you can tell a teacher, your parents, carers or grandparents;
- you can tell other members of your family who may be able to help, or tell a friend;
- and let people help to make things better by stopping the person from hurting you or your friends.

The people in this school who have special responsibility for helping you if someone's hurting you or your friends are :

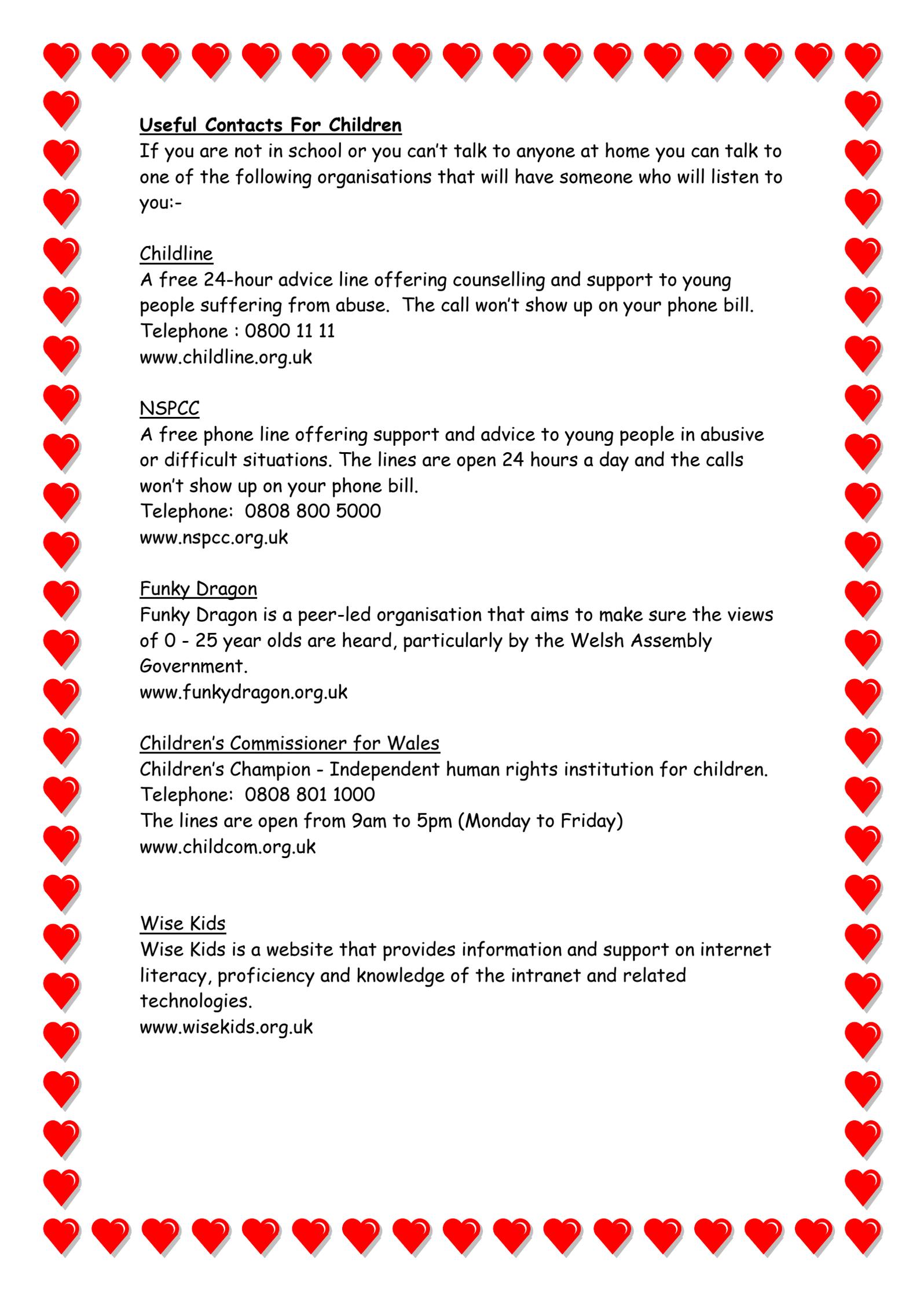
Mrs Green or Mr John.



Mrs Green



Mr John

A decorative border of red hearts surrounds the text. The hearts are arranged in a rectangular frame, with one heart at each corner and a row of hearts along each side.

### Useful Contacts For Children

If you are not in school or you can't talk to anyone at home you can talk to one of the following organisations that will have someone who will listen to you:-

#### Childline

A free 24-hour advice line offering counselling and support to young people suffering from abuse. The call won't show up on your phone bill.  
Telephone : 0800 11 11  
[www.childline.org.uk](http://www.childline.org.uk)

#### NSPCC

A free phone line offering support and advice to young people in abusive or difficult situations. The lines are open 24 hours a day and the calls won't show up on your phone bill.  
Telephone: 0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

#### Funky Dragon

Funky Dragon is a peer-led organisation that aims to make sure the views of 0 - 25 year olds are heard, particularly by the Welsh Assembly Government.  
[www.funkydragon.org.uk](http://www.funkydragon.org.uk)

#### Children's Commissioner for Wales

Children's Champion - Independent human rights institution for children.  
Telephone: 0808 801 1000  
The lines are open from 9am to 5pm (Monday to Friday)  
[www.childcom.org.uk](http://www.childcom.org.uk)

#### Wise Kids

Wise Kids is a website that provides information and support on internet literacy, proficiency and knowledge of the intranet and related technologies.  
[www.wisekids.org.uk](http://www.wisekids.org.uk)