



POBL SY'N GALLU HELPU PEOPLE WHO CAN HELP YOU



Mr. M.T. Davies



Mrs. J.V. Kingston



Mrs. K. Templeton



Mrs. J.M. Jones



Mrs. S.J. Rapi



Mrs. A.J. Rees



Mrs. K.L. Campbell



Mrs. S.L. Swales



Mr. C. Williams



Mr. J. Leigh



Mrs. E.J. Nicholas



Mrs. C. Harding-Jones



Miss V.M. Lewis



Mrs. L.J. Harries

Who do I contact for more information and advice?

Child Care Assessment Team:
This is Pembrokeshire's
Social Services Department:
01437 776322 or 01437 776325
Out of office hours:
08708 509 508

Police: In an emergency call
999



0808 801 1000 (Mon-Fri 9am-5pm)
www.childcom.org.uk

Free 24 hour advice lines



SAMARITANS

Need someone to talk to?

08457 90 90 90
www.samaritans.org.uk



*Ysgol
Greenhill
School*

**KEEPING YOU SAFE
CADW CHI'N DDIOGEL**

**A pupil's guide
Canllaw i'r Disgybl**



All children and young people have the right to enjoy the best possible health and not be abused or exploited.

This means: You have the right to grow up healthy and safe in your family and community.

When things go wrong in your life, you should have the support to be listened to and the help to put things right.



For some children and young people things can go wrong in their lives like:

PHYSICAL ABUSE: Punching, hitting, pushing and kicking etc.

EMOTIONAL ABUSE: Threats, being put down and criticised constantly etc.

SEXUAL ABUSE: Forcing sex or a sexual act.

NEGLECT: Not being given basic care by the person who is supposed to look after them.

What to do if something goes wrong ...
If you find yourself in this situation or you know someone who is going through this, it is important that you don't keep things to yourself.

Talking to someone can not only make you feel better, it can also help with the problem.

If you feel comfortable, try talking to your mum, dad, brother, sister or other family member about what's bothering you. They might be able to give you advice and support to help solve the problem.

Sometimes the problem might come from within your family, so you might want to try talking to someone like:

- A teacher
- A teaching assistant
- A youth worker
- A doctor

Whoever you tell should know what to do. They should take you seriously, listen to any worries that you have and do something to help.

The people in this school who have a special responsibility for you are:

- Your Form tutor
- Your Head of Year
- School Counsellor
- The Inclusion Officer
- Mr. Scholfield or Mr. Rees

If there is no-one you know who you want to talk to, there are special organisations that are there for you. They will offer confidential advice and support. They are usually on hand 24 hours a day.

Children and young people sometimes need help and support to:

- Get something to happen.
- Get something to change.
- Get something to stop.

Tros Gynnal is an independent advocacy, which is there to help those children and young people and to make sure they have their rights respected and their voices heard.



07548320775

Keeping things to yourself will not make the problem go away and getting help is the first step to making things better. There is always someone who can help and there is no problem too big to solve with the right support.

No-one

has the right to make you feel bad, to hurt you or to abuse you.

No-one

is allowed to threaten you or to frighten you.

No-one

is allowed to make you do things that you feel are wrong.

Anyone

who wants to do this will probably warn you that if you tell someone, things will get worse for you or your family – but they are lying!

BE BRAVE – TELL SOMEONE AND WE CAN HELP IT STOP!

You can talk to any adult in the school: your teacher, your Head of Year, the School Nurse, the Counsellors, the Learning Coaches, the Leadership Team – photos of people you can talk to are on the Safeguarding Noticeboard opposite our Attendance Office.