

**NSPCC**

# **The NSPCC Schools Service**

**Still here for children -  
supporting you to keep children safe**

Kerry Hughes  
Barnet, Enfield, Hackney and Haringey

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

# Speak out Stay safe online

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We have created an online programme that can be accessed and delivered in the classroom.

## **Our programme helps children:**

- understand abuse in all its forms and recognise the signs of abuse.
- understand that abuse is never their fault, and they have the right to be safe.
- know how to get help, and the sources of help available to them, including our Childline service.



# Speak out Stay safe online

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There's an online assembly for:

- **KS1**
- **KS2**

There are Welsh and BSL versions available as well.



To support with the delivery of the online assemblies we have:

- An introductory film talking through the resources.
- A summary document of assembly content.
- A letter for parents/carers.
- Feedback surveys.
- Supporting resources to use *before* the online assemblies (KS2 only) and *after* for both key stages.

# Teaching guidance and lesson plans

To be used **after** the online assembly by staff and there's separate documents for each age group:

- Teaching guidance for delivering the lessons
- Detailed lesson plans

**Speak out. Stay safe.**  
with Buddy

Buddy is a friendly, green speech bubble – because he believes that children should be able to speak out if something is making them worried or unhappy.

**Buddy's seaside shapes**

Buddy has gone on a day out to the seaside and he is very busy looking for 20 different shapes. Can you help him? Look for the shapes in the picture and when you find them:

- Colour the 5 stars in yellow
- Colour the 5 circles in green
- Colour the 5 triangles in red
- Colour the 5 squares in blue

How many shapes did you find?

- ★ I found \_\_\_\_\_
- I found \_\_\_\_\_
- ▲ I found \_\_\_\_\_
- I found \_\_\_\_\_

Well done! Now finish colouring in Buddy and your beautiful seaside picture.

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**Buddy wants children to know who to talk to if they have a worry or feel sad.**

Which trusted grown-ups might it be good for a child to talk to?

In the boxes below, write or draw some of the trusted grown-ups you could talk to if you were ever feeling worried or sad.

**Buddy has his own special zone on the Childline website. It's called the Buddy Zone.**

There are lots of fun games on there, and you can build your own Happy Place, where you get to design your dream room. Buddy's room has lots of chocolate fountains and mirror balls in it. You can put anything in your dream room.

Draw your own Happy Place in this box and 'don't forget to choose some wallpaper!'

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## Workshops for children aged 9-11 years (year 5 and 6)

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In areas where we have volunteer capacity we are able to offer volunteer led face to face workshops for children in Years 5 and 6



The workshops are an hour per class and cover the following:

- Recap of the KS2 assembly
- An ok/not ok activity focussed on sexual abuse
- Guy's story activity focussed on neglect
- Speak out Stay safe kit activity.

# Workshop for children aged 6-7 years (year 2)

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## What did we learn in the assembly?



A 30-minute volunteer led workshop is available where we have capacity for children aged 6-7.

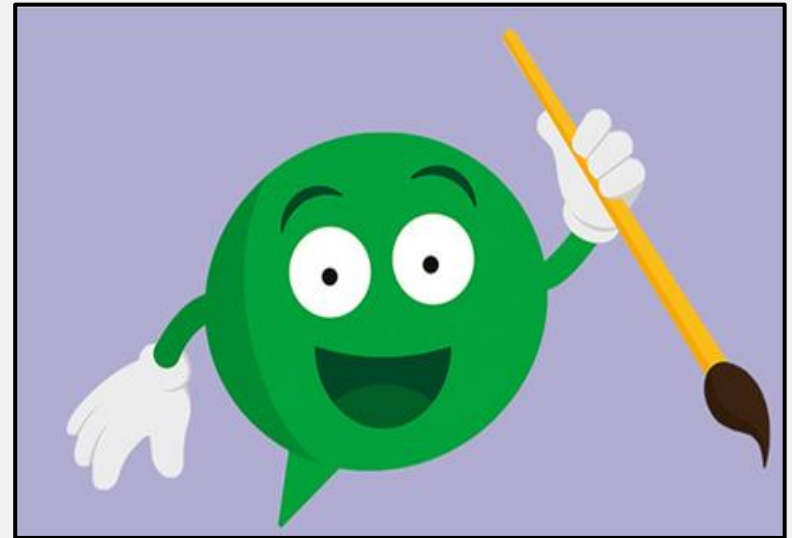
- Recap of KS1 assembly
- Sam's story – recap, recognising feelings
- Safe adults
- Childline
- Buddy Kit activity

# Speak out. Stay Safe. home-learning

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We have fun at-home activities, to help children remember the key safeguarding messages. Parents and carers can access the online activities at:

[www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/)



# Childline

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Childline is always here for children – whatever their worry. Children can always contact a Childline counsellor:

- On the phone on 0800 11 11 for free.
- Through our [Deaf Zone](#) and [Sign Video Service](#) for d/Deaf children.
- Online with 1-2-1 chat or email counselling at [www.childline.org.uk](http://www.childline.org.uk).

We have age appropriate information and advice available:

- [www.Childline.org.uk/kids](http://www.Childline.org.uk/kids) is specially for under 12s.
- We have a new [Buddy Zone](#) for more safety advice.
- Childline's [games](#), are a safe way to relax and play online.
- The tool box helps beat stress and feel calmer with Childline's [Build your happy place](#), mood journal and Calm zones.
- Message boards can help young people share experiences.
- Ask Sam is a weekly series of advice letters.

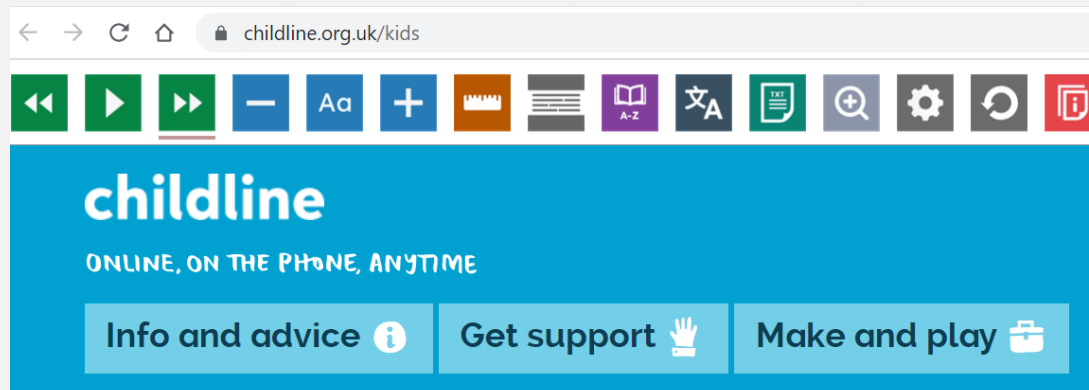


# Childline continued

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The Childline website has an accessibility tool too, you can find out about it by clicking on the accessibility link in the 'Get Support' menu. Children can use it to:

- Read the website out to them
- Change the text size and font
- Change webpages to just text only
- Add a mask or ruler to help you focus on just part of the page
- Magnify parts of the webpage
- Translate the website in to over 120 languages



# NSPCC Helpline

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If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact the NSPCC Helpline.

It's never too soon to speak out when a child needs help, and whatever it is you're worried about, our dedicated NSPCC child protection specialists will be able to advise and take any necessary action.

It doesn't have to be an emergency. In fact, every day roughly half of all the calls and messages taken by our friendly team are for guidance and support. This is across a huge range of issues affecting children – from health concerns and relationship difficulties, to bullying and problems on social media.

You can call the [NSPCC Helpline](#) from Monday to Friday, 8am–10pm, or 9am–6pm at the weekend. Or [contact us online](#) or via [help@nspcc.org.uk](mailto:help@nspcc.org.uk) any time that suits you. [www.nspcc.org.uk/helpline](http://www.nspcc.org.uk/helpline) or phone 0808 800 5000.

# Talk PANTS

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Aimed at children aged 4-8, Talk PANTS is a simple conversation to help keep children safe from sexual abuse.

- **Webpage for parents** with Pantosaurus song and information about the 5 PANTS rules [www.nspcc.org.uk/pants](http://www.nspcc.org.uk/pants)
- **Webpage for professionals** with lesson plan, powerpoint, template letter for parents and school display pack  
<https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>
- **Storybook - Pantosaurus and the Power of PANTS!**  
<https://shop.nspcc.org.uk/products/pantosaurus-and-the-power-of-pants>
- **Pantosaurus song**  
<https://www.youtube.com/watch?v=-IL07JOGU5o>



# Talk PANTS continued

[www.nspcc.org.uk/pantsguides](http://www.nspcc.org.uk/pantsguides)

- **Talk PANTS with Makaton** 6 short films, printable prompt card pack, children's booklet, and guide for parents and carers using Makaton Language Programme
- **Guide for adults** including adapted versions for foster carers, parents with a learning disability and parents of children with autism
- **Guide for parents and carers in different languages** including Welsh, Arabic, Bengali, Chinese, Gujarati, Irish Gaelic, Latvian, Lithuanian, Polish, Portuguese, Punjabi, Romanian, Russian, Tetum and Urdu
- **Guide for children** including adapted versions for children with learning disabilities and children with autism
- **BSL Talk PANTS film**



# It's not just about Primary pupils...

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While **'Speak Out. Stay Safe.'** is the NSPCC's flagship platform for promoting children's safeguarding awareness, material is available to help young people keep safe up to the age of 25.

There is SEND material to help schools deliver a differentiated approach when presenting safeguarding messages to pupils.

Free lesson plans and classroom resources covering RSE, PANTS, bullying, sex and relationships, e-safety and more.



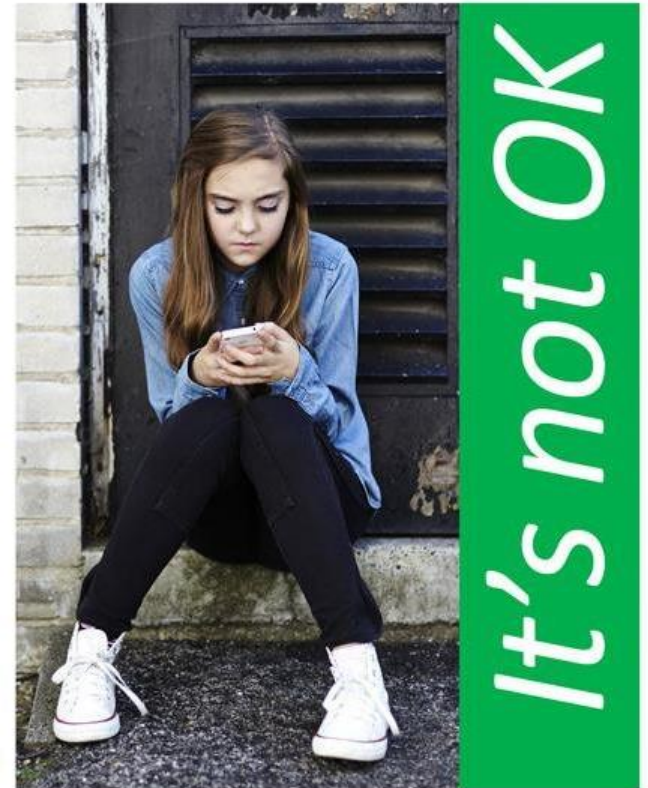
# Secondary – It's Not OK

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Lesson plans, films & accompanying materials help children and young people recognise concerning behaviour and identify characteristics of positive relationships

Reinforces the importance of building and maintaining positive relationships and recognising and responding to behaviour relating to:

- online safety
- grooming
- sexting
- harmful sexual behaviour
- child sexual abuse
- child sexual exploitation.



# Secondary – Love Life (SEND)

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Activity plans, films and supporting materials helping young people (11-25) with learning disabilities develop strategies for staying safe as they grow up and gain independence.

The resources enable adults to start conversations with young people about:

- feelings
- privacy and boundaries
- friendship
- different kinds of love
- online safety.





# Secondary – Stop Speak Support

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KS3 & KS4: prevention of cyberbullying

Targets teenagers who are 'bystanders' of online bullying

- Encourages pupils to be good digital citizens
- Equips them with the skills to know what they should do if they encounter bullying online.





# Secondary – Talk Relationships (Teacher CPD)

Supports RSE leaders & teachers to:

Manage RSE and its safeguarding implications

build skills and confidence in delivering inclusive sex and relationships education through an e-learning course

confidently use our pre-made lesson plans created by subject specialists

foster a culture of safety for young people to talk about healthy and unhealthy relationships

SEND materials too

PSHE Association endorsed lesson plans

**Free CPD to July** (leadership modules valuable for PSHE leaders in both primary and secondary settings)



# Online Safety

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- **Online Safety Hub** for advice and information on a range of different online safety topics including gaming, social media, sharing nudes, parental controls and more.

[www.nspcc.org.uk/onlinesafety](http://www.nspcc.org.uk/onlinesafety)

- **Online Safety newsletter** [www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-newsletter](http://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-newsletter)

- **Keeping Children Safe Online blog** - Parents, carers and professionals can keep up to date with the latest child safety online news on our Keeping Children Safe Online blog.

[www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog](http://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog)

- **Keeping Children Safe Online parent workshop**

[www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops](http://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops)

# More resources for parents/carers

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- **Support for parents hub** [www.nspcc.org.uk/keeping-children-safe/support-for-parents](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents)
- **Positive parenting guide** <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

# Speak out Stay safe SEND/ASN/ALN programme

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**6 session flexible programme** to help your pupils understand what abuse is and provide them with strategies to keep themselves safe - including trusted adults.

- Materials intended for children with moderate learning disabilities, autism spectrum conditions or other additional learning needs.
- Schools with pupils with severe, complex and profound disabilities have successfully adapted and delivered the programme.
- Programme is adaptable to meet the needs of your pupils, delivered by school staff with our support.
- Each session has a summary sheet, lesson plan, list of resources, scripts for stories and additional activities to support learning.
- The programme fits with the curriculum.
- You can also use our online Assembly to support the programme.

# More resources for schools

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**For more information please visit:**

**<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/relationships-health-and-sex-education-resources>**

**For teaching resources and lesson plans please visit:**

**<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/teaching-resources-lesson-plans>**

**For more information about our new service Talk Relationships please visit:**

**<https://learning.nspcc.org.uk/services/talk-relationships>**

# Training and Consultancy

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## **Child protection and online training packages for schools including:**

- Child protection in schools
- Online safety
- Safeguarding children with SEND/ASN/ALN
- Safer recruitment in education
- Designated safeguarding lead/officer training

Find out more here: <https://learning.nspcc.org.uk/training>

## **Consultancy packages:**

Tailored to suit your setting. Find out more here:

<https://learning.nspcc.org.uk/services/child-protection-consultancy>

# Supporting the NSPCC

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**Number Day Friday 3 February 2023**



Number Day is the NSPCC's flagship day of fundraising for schools offering you the opportunity to have fun with all things maths related.

There are many free resources available for all ages and Dress up for Digits is our hugely popular Number Day own clothes event. Register now to get access to everything you need to make your Number Day 2023 event a huge success.

[www.nspcc.org.uk/numberday](http://www.nspcc.org.uk/numberday)

You can also visit our Schools fundraising Platform for more fundraising ideas, support and payment advice

<https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/>

# Next Steps

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- You can find out more about Speak out Stay safe here:  
[nspcc.org.uk/speakout](https://nspcc.org.uk/speakout)
- A school can request the online programme by visiting the registration page:  
<https://learning.nspcc.org.uk/services/schools-form>
- To find out more about our other services, please go to  
<https://learning.nspcc.org.uk/>
- We can also put schools in touch with a local Schools Service Schools Coordinator. Please email us at:  
[schools@nspcc.org.uk](mailto:schools@nspcc.org.uk)



# NSPCC



# Thank you

# Any Questions?

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