

# DOVER GRAMMAR SCHOOL FOR BOYS

## HOW DGSB KEEPS YOU SAFE

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### How does DGSB keep you safe in school?

DGSB is our school and we want it to be a safe place for everybody who works or studies here. Staff at DGSB will do everything they can to make sure you are protected and happy. This document is to help you understand how we aim to keep you safe in school and to help you decide what could be a “problem” and whom you should talk to.

All staff at school will do their utmost to:

- Protect you from harm.
- Make sure nothing stops you being healthy or developing properly.
- Make sure you are safely looked after.
- Make sure you have the best life chances and can grow up happy and successful.

Staff will make the school a friendly, welcoming and supportive place to spend time in – somewhere you want to be; will be there for you to talk to if you need to and know who to ask for help; will give you safe messages during your time in school to help you learn how to look after yourself both online and in the real world, and will have all the right rules in place to look after you.

If you feel you need to talk to somebody - whether because of things that are going on at home, at school, or because of something somebody has said or done to you at any point - **please talk to us**. **We will always listen and do our best to help you.**

### What is abuse?

When someone hurts you, it can be called abuse. This is when someone does something to you that is harmful, unpleasant or painful such as:

- If someone deliberately hits you, hurts you, injures you or humiliates you in different ways
- If someone regularly says or does something that makes you feel bad about yourself or hurts your feelings which makes you feel scared, sad, upset or frightened
- If someone shouts, threatens, hits or hurts someone you love whilst you are around which makes you scared, unhappy or worried.
- If someone doesn't take proper care of you so you feel abandoned, lonely or neglected. You might not be able to eat or wash regularly, or you might not be able to come to school every day or on time
- If someone touches you in a way that you don't like, or which makes you feel uncomfortable or worried
- If someone makes you look at things which make you feel ashamed, embarrassed, uncomfortable or guilty. They may ask you to keep it a secret or give you presents
- **Remember**: abuse is ***never*** OK and if you are being or have been abused **it is not your fault**. **You must always tell someone and they will help it to stop.**

### In and out of school

All of the staff at DGSB will aim to make sure the building is safe for you to learn in and spend time in. We will make sure that we know who everyone is in the school by asking visitors to sign in at reception. You will always know who a visitor to the school is because they will have signed in at reception and will display a lanyard which will be around the visitor's neck. The buildings, outside areas and fields will be as safe as they can be for you so that you don't hurt yourself, although accidents can happen if you are not careful! If the fire alarm goes off you should know what to do and where to go. When you leave school to go on a trip, the staff will make sure they can keep you safe.

#### **What we will do**

At DGSB we will help you to keep safe in the following ways:

- We will do our best to spot if there is a problem. All of the staff in the school have had training in this.
- We will work with other people (including parents and carers) to help protect you and solve any problems you may have.
- We will always listen to you if you want to talk to us and need our help. We will always take you seriously.
- We will support and encourage you and will respect your wishes and views, and will provide information and advice whenever appropriate or necessary.

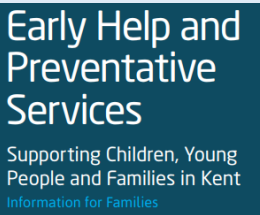


At DGSB you can talk to any member of staff, but you should know that there are a number of staff who are responsible for making sure you are safe and well cared for. People in school who can help you:

- Mr Wakefield (Designated Safeguarding Lead)
- Any member of the Leadership Team
- Your tutor
- Your Director of Key Stage
- Student Support Managers
- Student Welfare Officers
- School Counsellor

**DO NOT BE SCARED TO TELL SOMEONE STRAIGHT AWAY IF YOU ARE WORRIED ABOUT YOUR OWN SAFETY OR WELL-BEING OR THAT OF A FRIEND – WE WILL ALWAYS LISTEN.**

### List of External Agencies and Organisations – Updated May 2021

The pastoral teams at DGSB work with a wide range of external agencies and organisations to support children and families. The table below provides an up-to-date list of many of the most frequently used services. Please keep this document safe so that you are able to refer to it should you need to call upon their support outside of school hours, such as weekends and holidays when the pastoral teams are not available to provide urgent support.

Organisation	Who They Are and What They Say	Contact Details
<p><b>Early Help and Preventative Services</b></p> 	<p><b>We provide services that can be accessed at a time and place that suits families to help them to do well, stay safe and resolve problems at the earliest possible opportunity, before they become more serious.</b></p>	<p><a href="https://www.kent.gov.uk/social-care-and-health/care-and-support/early-help-support-for-families">https://www.kent.gov.uk/social-care-and-health/care-and-support/early-help-support-for-families</a></p>
<p><b>CYPMHS (CAMHS) – NHS Mental Health Support</b></p> 	<p>YPMHS stands for the Children and Young People's Mental Health Service. Kent CYPMHS provides emotional wellbeing and mental health advice and support for young people and their families across Kent</p> <p>If you are in Crisis or require out of hours support please call SPA available 24 hours a day, on 0800 011 3474. We will listen and talk through the support available to you and your child.</p>	<p><a href="https://www.nelft.nhs.uk/kent-cypmhs-get-in-touch">https://www.nelft.nhs.uk/kent-cypmhs-get-in-touch</a></p>
<p><b>Oasis</b></p> 	<p><b>We provide support across a range of needs and risks for those affected by domestic violence to ensure families get the support they need</b></p>	<p><a href="http://www.oasisdbservice.org/raise">http://www.oasisdbservice.org/raise</a></p>

<p>Porchlight</p> 	<p><b>We offer free support with mental health and wellbeing for people anywhere in Kent.</b></p> <p>You might be struggling with anxiety or depression, experiencing stress, feeling hopeless, isolated or overwhelmed.</p> <p>Whatever you're facing, we are here to listen to you.</p>	<p><a href="https://www.porchlight.org.uk/information-support/list-of-support-services">https://www.porchlight.org.uk/information-support/list-of-support-services</a></p>
<p>Kent Young Carers</p> 	<p><b>Kent Young Carers is the countywide service for Young Carers aged 5-18 across Kent.</b></p> <p>Young Carers are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.</p>	<p><a href="https://www.imago.community/Children-and-Young-People/Kent-Young-Carers">https://www.imago.community/Children-and-Young-People/Kent-Young-Carers</a></p>
<p>YoungMinds</p> 	<p>We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.</p>	<p><a href="https://youngminds.org.uk/find-help/looking-after-yourself/">https://youngminds.org.uk/find-help/looking-after-yourself/</a></p>
<p>Kooth</p> 	<p><b>Your online mental wellbeing community.</b> Free, safe and anonymous support</p>	<p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
<p>Together All</p> 	<p>Commissioned by over 250 organisations globally, we're <b>an online service providing access to millions with anxiety, depression and other common mental health issues.</b></p>	<p><a href="https://togetherall.com/en-gb/our-work/">https://togetherall.com/en-gb/our-work/</a></p>
<p>Kent Resilience Hub (Moodspark)</p> 	<p><b>Supporting 10-16-year olds to cope better with the pressures of everyday life.</b></p> <p>Welcome to MoodSpark:</p> <p>A place where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough</p>	<p><a href="https://moodspark.org.uk/">https://moodspark.org.uk/</a></p>
	<p>A directory of support including out of hours mental health support.</p>	<p><a href="https://livewellkent.org.uk/in-your-area/south-kent-coast/">https://livewellkent.org.uk/in-your-area/south-kent-coast/</a></p>
<p>We are With You</p> 	<p><b>Addaction is now called 'We Are With You'</b></p> <p>Addaction, Young Addaction and Thinkaction have changed their names to We Are With You.</p> <p>We Are With You provides free, confidential support to people who have issues with drugs, alcohol or mental health.</p>	<p><a href="https://www.wearewithyou.org.uk/">https://www.wearewithyou.org.uk/</a></p>

<p><b>Cruse Bereavement</b></p> 	<p>Cruse Bereavement Care is the leading national charity providing bereavement support services. We offer support, advice and information to children, young people and adults when someone dies.</p> <p>Cruse offers face-to-face, telephone, email and website support.</p>	<p><a href="https://www.cruse.org.uk/get-help/local-services/south-east/south-kent">https://www.cruse.org.uk/get-help/local-services/south-east/south-kent</a></p>
<p><b>Fearless</b></p> 	<p><b>Fearless is a service that allows you to pass on information about crime 100% anonymously.</b> This means you don't have to give us any personal details.</p>	<p><a href="https://www.fearless.org/">https://www.fearless.org/</a></p>
<p><b>Carers Support East Kent</b></p> 	<p>Welcome to Carers' Support East Kent, a charity that provides Carers with the information and support they need.</p> <p>Who we help:</p> <p>You may not think of yourself as a Carer, but our services are available to you if you look after a relative or friend, who due to physical or mental illness, age-related difficulties, disability or an addiction, cannot manage without your support.</p>	<p><a href="https://carersek.org.uk/">https://carersek.org.uk/</a> 0300 302 0061</p>
<p><b>MeeToo</b></p> 	<p>MeeToo is a multi-award winning, free, anonymous app where young people can talk about difficult things. MeeToo provides a safe, pre-moderated (by humans) space for young people aged 11+ to experiment with opening up about whatever may be on their mind.</p> <p>MeeToo supports over 6,000 young people each month. <b>It is featured on the NHS Apps Library and promoted by more than 1,000 schools in the UK.</b></p>	<p><a href="https://www.meetoo.help/how-meetoo-works">https://www.meetoo.help/how-meetoo-works</a></p>
<p><b>Childline</b></p> 	<p>Available for all young people, whatever the problem.</p>	<p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a> 0800 11 11</p>
<p><b>Social Services</b></p> 	<p>If you think you have any care and support needs, you can contact us to ask for a free assessment.</p>	<p><a href="https://www.kent.gov.uk/social-care-and-health/care-and-support/how-to-get-help#tab-1">https://www.kent.gov.uk/social-care-and-health/care-and-support/how-to-get-help#tab-1</a></p>
<p><b>Police 101</b></p> 	<p>101 is the non-emergency contact number for any police force in England and Wales and it is available 24 hours a day, 7 days a week</p>	<p>101</p>
<p><b>NHS 111</b></p> 	<p>NHS 111 can help if you have an urgent medical problem and you're not sure what to do.</p>	<p>111 <a href="https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/">https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/</a></p>
<p><b>Emergency Services</b></p>	<p>Protecting life is the number one priority for police, ambulance and fire.</p>	<p>999</p>

	<p>If there is a real possibility that someone could lose their life or be seriously injured if they don't receive help immediately, then you need to call 999.</p> <p>Is a crime in progress? As the police, we really like to be able to catch criminals in the act. You can help us do this by calling 999 when the crime is taking place and if criminals have just left the scene of the crime.</p>	
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