



## What is personal safety?

Personal safety is the ability to go about your everyday life free from the threat or fear of violence or aggression.

## What does violence and aggression mean?

Violence and aggression includes: verbal abuse, making threats, physical attacks, intimidating people want to talk things over, otherwise move away. and bullying.

### What should I do if I feel threatened at school?

Try to get away to a place where you feel safe. This could be somewhere where there are other people or where there are members of staff.

### Isn't it weak to walk away?

No! It takes a lot of strength to walk away, especially if you are angry.

# Can't I stand up to the person?

You can be assertive but try not to meet aggression with aggression. If you do, the situation will almost always get worse.

#### How should I act?

Try and stay calm. Speak slowly and firmly - don't shout. If the other person calms down, you might

## They're in my space!

Personal space is important to everyone. Try and respect other people's space especially when they're angry or upset.

### What if I can't get away?

Use your voice. Shout a specific instruction like "Let me go!" or "Call a teacher!" This tells other people that you need help and lets them know what to do.

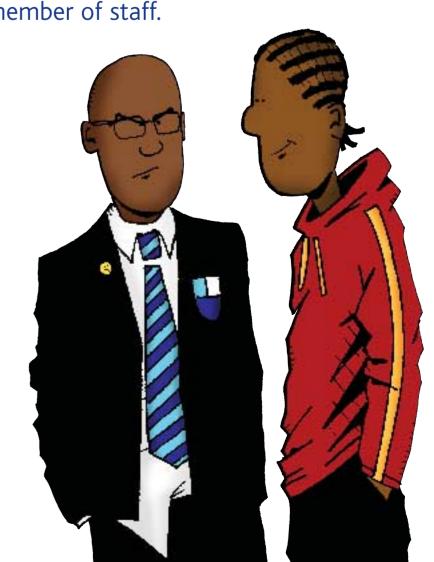
## My friend's in trouble!

Stop and think before getting involved. You might be more help by alerting a member of staff.





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Personal Safety at School

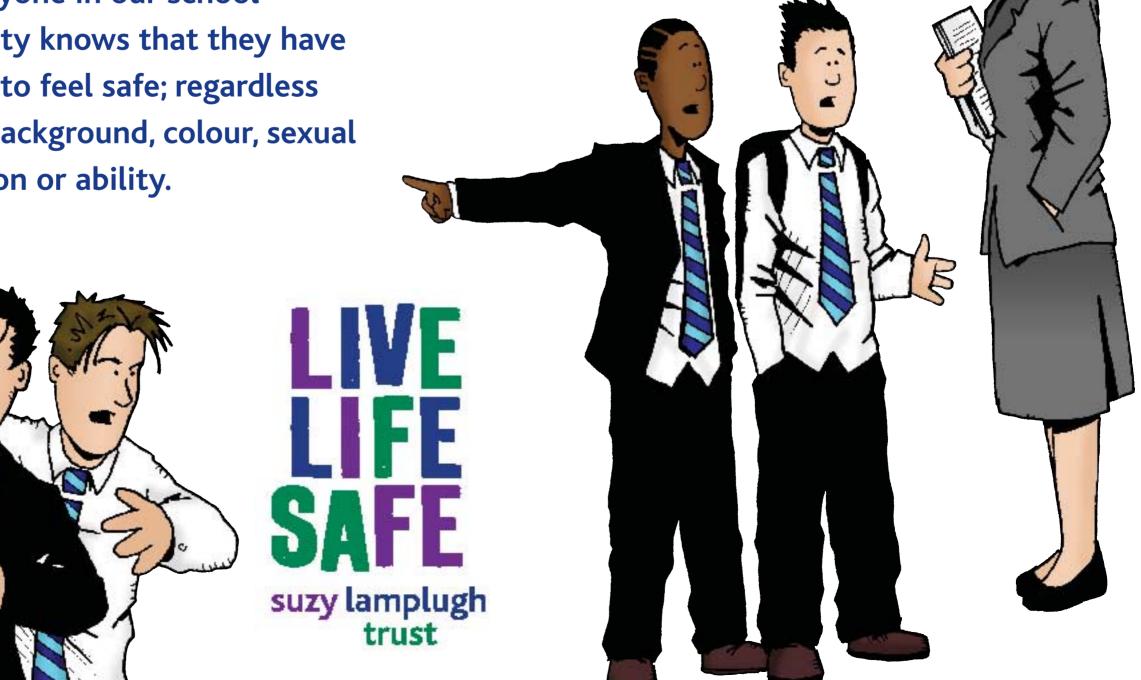
- 1. We will ensure that everyone in our school community is aware of the importance of their own and others' personal safety.
- 2. We will check that everyone understands what they need to do to help keep our school community safe.
- 3. We will commit to making sure that everyone in our school community knows that they have the right to feel safe; regardless of their background, colour, sexual orientation or ability.

- 4. We will speak out if we have a concern about our own or someone else's safety.
- 5. We will use different ways to communicate our personal safety rules.

6. We will ask everyone to help

create a safe environment

in which we can work and learn.



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