

NSPCC Speak out. Stay safe. programme – Content Summary

Here for every child – and here for every school

As the UK's leading children's charity we're committed to making sure we're there to help schools around the country keep their pupils safe.

Through our Schools Service we aim to empower and help children and provide you, and all teachers across the UK, with the tools to do that. Because we know that through working together, the NSPCC and the whole school community can have a tremendous impact in preventing abuse and keeping children and young people safe.

One element of our Schools Service is our **Speak out. Stay safe.** programme. We have provided a summary of the programme's assemblies and workshop for your information. We aim to ensure that each school is entirely clear and comfortable with what we deliver to their pupils, so that your staff can relax and enjoy supporting the children with engaging with the service. Please be reassured that our volunteers are very skilled at delivering this sensitive subject with a child-friendly, engaging, style and with a softness that enables the children to feel safe and empowered. All our presentations are interactive, motivating and uplifting for the children, helping us to ensure they retain the important safeguarding messages.

We look forward to working with your school, most of all we want to work together so we can keep every child safe.

Together we can fight for every childhood.

1) KS1/P1-3 assembly – 20 minutes

Introduction

- Children are introduced to our mascot Buddy in a friendly and age appropriate way.
- Children's rights:
- The right to speak out and be heard
- The right to be safe
- The right to get help when they need it



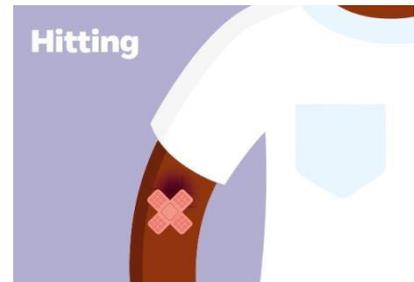
Case study and definitions of abuse

- Children watch the first half of a short film about a girl called Sam. The voice over reads: *Sam was upset. Some people were not very nice to Sam. Sometimes, the people who looked after Sam hurt her on the inside. They called her names and this made her feel sad. She didn't have enough food to eat all the time, so she was hungry. All of these worries were hard for Sam to carry and were weighing Sam down.*

The case study is used to introduce the definitions of abuse.

Voice over reads:

Hitting: This can leave marks on the body like cuts or bruises.



Hurting children's feelings: This could be someone calling them names, at school, at home, or online. This doesn't leave a mark that can be seen but hurts on the inside.



Privates are private: Sometimes people may want children to do things with their bodies which might make them feel uncomfortable or unsure. Sometimes this involves the private parts of the body, which are the parts covered by underwear.



Some children are not looked after properly. Perhaps they are left in the house all alone or they don't have enough food or clothes to keep them warm.



And there is also bullying. This is when children are mean and unkind to each other. They might be pushed or left out, called names face to face, on phones or online and it usually happens more than once.



Children watch the second half of Sam's story. The voice over reads: *Sam decided that she would be happy to talk to her teacher. So one day, she felt brave and told her*

teacher about everything that was happening at home and how she was feeling sad. Her teacher listened and made sure that Sam got the help she needed and NSPCC worked with the people who looked after Sam so that they could learn how to take better care of her. Things started to get better for Sam - and by speaking out she began to feel happy and safe.

Trusted grown ups and Childline

We help the children to think about which grown ups they could talk to if they ever felt sad, worried or unsafe – both in school and out of school

- Key messages about Childline:
- Childline is open 24/7, 365 days a year
- Practice signing and saying the number
- Children are reminded to speak out to a grown up they trust who can help them to stay safe, and to keep speaking out until something changes.



Recap and close of assembly

- Recap of the key messages.
- Mobilisation is a key element of our messaging, empowering children to come together and help other children. This could be by giving the ChildLine number to another child or speaking out if a friend is being bullied. Together they can help more children to 'Speak out and Stay safe'
- Whisper: "I have the right to speak out and stay safe"
- Classroom voices: "You have the right to speak out and stay safe"
- Loudest voices: "We all have the right to speak out and stay safe"

