THE PERSE
PREP SCHOOL
CAMBRIDGE

What to do if something is seriously concerning you – Pupils' Guide

The Perse Prep School

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INTRODUCTION

We want everyone to feel part of a safe and happy community. From time to time, you may be worried or upset about something. This guide tells you about the people available to help you, so that you can choose someone you feel you can talk to. The experience of pupils in this and other schools is that no matter how bad a problem may seem to be, it is almost always a great help to talk about it.

This guide can be made available in large print or other accessible format if required.

CONCERNS

Here are some examples of concerns, which we encourage you to talk to an adult about:

- You are having difficulty with some schoolwork.
- You feel unhappy and may not know why.
- You or your friends are being bullied by other pupils or others outside school, including online.
- You are worried, angry, or hurt about something happening in your life.
- You feel that a member of staff has treated you unfairly.
- You are worried about your own physical health or that of someone else.
- You are worried about your own mental health or that of someone else.

WHAT YOU SHOULD DO

If any of these things are happening, it may help to talk to an adult about it, even if you feel you can cope with the situation yourself.

There are a number of different people who will be very happy to talk to you and to help you try to find a solution to the problem. It may help to talk first with your parents.

However, sometimes you may also need the help and support of a teacher or other professional. Choose whoever you feel most comfortable and safe talking to:

- Your Form Teacher or Head of Year
- The Nurse or Pastoral Coordinator
- The Assistant Head (Pastoral)
- The Head or Deputy Head
- Another member of staff

However, if you do not feel able to speak to a member of staff, your parents, or a friend you could ring Child Line (Telephone 0800 1111) or access their website (www.childline.org.uk).

CONFIDENTIALITY

We understand that you may wish to talk about a problem only if it is kept secret. We will always try to do so when we can but there may be times when this is not possible because we have to ensure that the correct action is taken and that you are safe. However, please do not let this stop you from saying when

you are worried or upset. Most pupils, who find the courage to speak up, say afterwards that it helped them enormously and that the problem did not seem quite as bad once they had a chance to talk it through with someone experienced and helpful.