

Safeguarding Support and Advice for Students



We have put together some useful contact information in case you are worried about yourself, a family member or friend while not in school. If you have access to a computer and know how to send emails you can contact a member of your academy Safeguarding Team using the following email address safeguarding@mpa.clf.uk

between the hours of 8:30am and 5pm.

If there is an emergency and you need help straight away you can call the police on 999 **Police**



If you are worried about something or think that you, a member of your family or a friend may be at risk of harm and need someone to talk to you can call ChildLine for free. The number is in the picture below. They will be able to help you.

NSPCC

If you want to find out more about different things that may worry you like, Bullying, Cyberbullying or understanding what abuse and you have access to the internet you could look at the NSPCC website that gives you lots of information about these subjects. Use this address to access their page or type in NSPCC on your computer.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>



If you use the computer at home or have the internet on your phone and want to find out more information on how to keep yourself and your friends safe you can visit the website called Childnet. The email address below can take you to the site:

<https://www.childnet.com/young-people>

Online support and advice

Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.kooth.com/>

OTR- counselling, advice and support for young people aged 11-25 living in Bristol and South Gloucestershire <https://www.otrbristol.org.uk/>

Young Minds: Resources and emotional wellbeing tips and advice for young people.

www.youngminds.org.uk

The most important thing is that if you are worried about something or someone that you talk to someone about this.