

## 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 assembly 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) KS2/P4-7 assembly – 30 minutes

#### Introduction

- Introduce ourselves, the NSPCC and our mascot Buddy
- 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



#### Sack of Worries exercise

- Children are shown an empty sack and are asked to think of the types of things that may make a child feel sad, worried or unsafe. For every worry a plastic brick is placed in the sack.
- The following types of abuse may be mentioned:
  - Emotional abuse
  - Physical abuse
  - Sexual abuse
  - Neglect
  - Bullying



## Definitions of abuse

The Sack of Worries exercise is used to introduce the definitions of abuse. Voice overs will read out the following definitions:

*Neglect: When a child is not looked after properly by their parent or carer. When a child doesn't get enough food, drink or the right kind of clothing. When a child is left on their own for too long.*



*Physical Abuse: This is when someone deliberately hurts or injures a child's body. This could be by kicking, biting, hitting, shaking or leaving marks. Physical abuse may cause pain, cuts, bruising and/or broken bones.*



*Emotional Abuse: When an adult deliberately hurts a child's feelings. This could be by making someone feel sad, making fun of them, or making them feel bad about themselves. Seeing or hearing parents or carers hurt each other can also make a child feel bad. This is called domestic abuse. It hurts on the inside, and doesn't leave a mark that can be seen.*



*Sexual Abuse: When a child is being made, asked, or rewarded for doing anything with their body that frightens or worries them – or being made to do this to somebody else. It can involve touching, kissing or being made to show private parts of the body, or being made to do this to another person. It can involve being shown inappropriate films or pictures in books, magazines, on TV, mobiles phones or online. The private parts of the body are those covered by underwear.*

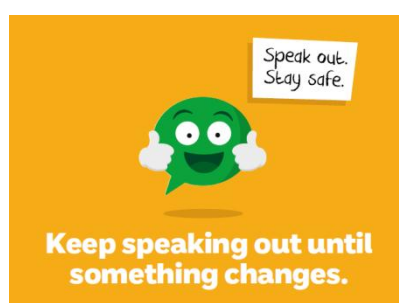


*Bullying: When children are mean to each other. It can include a child being pushed, hit, teased, threatened or called names. This usually happens more than once. It can also happen online or by text. This is called cyber bullying.*



## Return to the Sack of Worries exercise

- The children are then asked which trusted adults they could talk to if they ever felt sad, worried or unsafe. For every adult suggested a brick is removed from the sack of worries.
- The sack is now nice and light demonstrating that speaking out can stop children from being weighed down



by their worries.

- Children are reminded to keep speaking out until something changes.

### Childline key messages

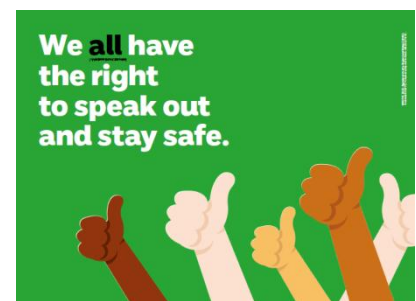
- No problem is too big or too small.
- What a child says to Childline stays with Childline – unless we are really worried or concerned about them.
- It's free to call.
- Open all day, every day.
- The call won't show up on any bill.
- The children are then shown a short film about contacting Childline.

### Case study

- The children are shown the first half of an animation about a girl called Ali. The voice over reads: *Ali is 10 years old. She lived at home with her mum and dad. Ali's dad had lots of problems recently and wasn't coping well and he had started to hit her. Ali knew that her dad hit her mum too. She heard them arguing and she heard her mum crying. Ali had so many worries but as her mum was so upset she didn't feel she could talk to her. She didn't know which other trusted adults she could turn to.*
- The animation pauses and the children are asked to suggest trusted adults that Ali could have talked to.
- The children are shown the second half of the case study animation. The voice over reads: *The NSPCC had visited Ali's school and she remembered that she could call Childline to get help. The ChildLine counsellor could tell the conversation was difficult for Ali and let her know that what was happening was not her fault. Ali worked with the Childline counsellor and they told her about all the options she had and what she could do next. Things started to get better for Ali. Speaking out helped make sure she was safe and she started to feel happier.*

### 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, speaking out if a friend is being bullied. Together they can help more children to 'Speak out and Stay safe'
- Whispering: "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"



Speak out. Stay safe. programme overview V1.0

## **Supporting our work - help us be there for even more children**

We believe our Speak out. Stay safe. programme is so vital, it's provided at no cost to schools. As a charity, more than 87% of our funding comes from our generous supporters which means we really do rely on fundraising to provide our vital work. That's why we'd love your school to join us and help us reach even more children who need us.

## **How you can fundraise for us**

As a school you have the option to create your own fundraising event or choose from our unique collection of specially designed, curriculum-linked fundraising activities like Meaningful Maths and a Workout, all with the help of our friendly mascot Buddy. And we're here to make it as straightforward as possible: our staff and volunteers will provide the advice, support and all the materials and resources needed to help make your event a success.

No matter what activity you choose to do, every pound your pupils help to raise will mean we can reach even more children who desperately need us. Please ask us for more information or visit [nspcc.org.uk/schools](https://nspcc.org.uk/schools)