

What to do if you are really worried about something?



UT VOCE ITA VITA

EXETER CATHEDRAL SCHOOL

Nursery | Pre-Prep | Prep

We want everyone at Exeter Cathedral School to be safe, happy and successful. We want you to be part of a community which looks after you, which supports you, and which helps you out when something is worrying you. Bullying is not accepted here, and that means that we will do all that we reasonably can to protect you from any kind of neglect, non-accidental physical injury, sexual exploitation or emotional ill-treatment.

ECS is a safe and secure community. We all have problems from time to time, and it is important to be able to talk about them. A problem shared is often a problem halved: the biggest problems occur when we don't talk and when we keep our feelings buried inside. Sometimes it can be good to share a problem with a friend, but this might make it difficult for them if they don't have the skills to help you. In these cases, it might be best to find an adult to help. Friends should look out for each other – it is normal for friends to seek help for each other. If you think one of your friends is having a bad time, talk to them about it; suggest that they speak to an adult about it. It might be a good idea to speak to an adult yourself, to alert them to the fact that your friend needs some help. Similarly, if you are concerned that your friend is the one being nasty, tell them. This can be hard, but it is the right thing to do. An adult can help you with this if you like.

WHAT YOU SHOULD DO

There are lots of people to support you at ECS, and it will probably help to talk to one of them about the problem, even if you feel you can handle the situation yourself. There are lots 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 need the help and support of a teacher or other professional. Choose whoever you feel most comfortable and safe talking to, for example: your class teacher, your form tutor, your Head of Section (Mrs Porter and Mr Meeke), the School's Independent Listener, Mrs Bennett, Ms McConnell in the Library. Mrs Reddington, the Headmaster or any other teacher.

If you are a Chorister you might want to talk to Mr Roberts (Chorister Tutor), one of the Choir Chaperones, or Mr Noon or Mr Parsons.

If you are a boarder you might want to talk to Mr Baurance (Houseparent) or Ms Baxendale (Boarding House Matron).

If you don't feel able to speak to a member of staff, other people you could choose to talk to include: an older pupil, particularly a prefect; your GP (doctor); Child Line (0800 1111); NSPCC (0808 8005000).

Telling someone that you have a problem and need some help is a really good thing to do. It is not telling tales! Telling tales is when you deliberately try to get someone into trouble by telling an adult about what they've done; speaking to an adult about a problem and asking for some help is called sticking up for yourself! We can't help if we don't know about it!

EXAMPLES OF CONCERNS

We want you to talk about your concerns. Here are some examples of things that you might want to talk to someone about:

- You are feeling really low, upset, anxious or stressed
- You are feeling scared about something
- You feel intimidated by someone or by a situation
- You or your friends are being bullied
- You are having difficulty with one or more of your school subjects
- You can't put your finger on it but something's not quite right
- You feel you are being treated unfairly because of your gender, sexuality, race, colour, religion, belief, or because you have a disability or learning difficulty
- You feel that a member of staff has treated you unfairly
- You think that another pupil is not eating properly, or may be harming him/herself
- You think you may be ill and are too afraid or embarrassed to tell anyone
- You think you or one of your friends may be a bully
- You are worried, angry, scared or hurt about something happening at home
- You are caught in a serious situation that you don't know how to get out of – this situation might be happening at school, at home, or elsewhere
- You think that another pupil has done, or is going to do, something seriously wrong or dangerous.

CONFIDENTIALITY (KEEPING THINGS SECRET)

The School understands that you may wish to talk about a problem only if it is kept secret. In some cases this is possible, but there are circumstances where the School has a duty to pass on information to ensure that the correct action is taken and that you are kept safe. Do not let this stop you from raising concerns or 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.

worried about something?

Tell someone!