

# Child Friendly Safeguarding Policy

A child is anyone who is under 18 years of age.

All of the adults at **Norwich Theatre** think that our health, safety and welfare are very important.

We respect all children and adults, and help to protect their rights.

**Everyone has the right to feel SAFE.**

**At Norwich Theatre it is our job to keep you safe:**

- From unkind people
- From being frightened or worried
- From being hurt or injured

**People should never hurt children.**

Unfortunately, some people do hurt children by hitting them, being unkind to them, shouting at them, or not looking after them properly.

It is not your fault if someone hurts you or makes you feel uncomfortable.

## Ways to keep yourself safe

- **Notice:** Stop and think. Does this feel safe? Are the people around you following the rules? It might be giving you a funny feeling in your tummy.
- **Tell:** If someone hurts you or makes you feel uncomfortable, or if you see someone hurting another child, please tell a trusted adult who works at Norwich Theatre. Their job is to listen to you and help keep everyone safe.
- **Say No:** If something doesn't feel right, it's okay to say "No" or "Stop." You have the right to feel safe.

## Online, on the phone, anytime

**NSPCC:**

🌐 [www.nspcc.org.uk](http://www.nspcc.org.uk)  
📞 0808 800 5000

**ChildLine:**

🌐 [www.childline.org.uk](http://www.childline.org.uk)  
📞 0800 1111

**Papyrus (suicide prevention):**

🌐 [www.papyrusuk.org](http://www.papyrusuk.org)  
📞 0800 068 4141

**Young Minds (mental health):**

🌐 [www.youngminds.org.uk](http://www.youngminds.org.uk)  
📞 YM to 85258

