

SAFEGUARDING NEWSLETTER

JANUARY 2026



WELCOME BACK, HAPPY NEW YEAR!

In this month's newsletter we want to talk about Body Safety Matters, helping your child understand boundaries and personal safety.

KEEPING CHILDREN SAFE STARTS WITH CONVERSATION

Talking about body safety can feel uncomfortable but it's one of the most powerful ways to protect children. Children who understand their bodies, boundaries and rights are more confident and better equipped to speak up if something feels wrong.

You don't need a big formal talk, short everyday chats work best. Below are some useful examples:

SIMPLE CONVERSATION

STARTERS:

- "Do you know which parts of your body are private?"
- "If someone made you feel uncomfortable who would you tell?"
- "Has anyone ever asked you to keep a secret that made you feel funny or unsure?"
- "You're allowed to say 'no' to hugs or kisses, even to family - how do you feel about that?"
- "What would you do if someone touched you in a way you didn't like?"

USE NATURAL MOMENTS

Use natural moments (e.g. bath time, getting dressed, bedtime stories, a walk in the park) to bring up the topic gently.

Keep your tone calm and reassuring. The goal is to help children feel safe, heard and empowered.

Reassure them:

"You can always talk to me about anything, I will always listen and help."

DON'T FORGET THE ONLINE WORLD

Even at primary age, many children play games or watch content online. It's important they know that body safety rules apply online too.

- Teach them never to share photos of their body, especially private parts
- Make sure they know: if anyone asks them to do something that feels odd, secret or confusing online, they should tell you straight away
- Talk about how some people online might pretend to be children when they're not
- Use privacy settings and supervise young children during screen time
- Remind them: "If something online makes you feel uncomfortable or unsure, it's never your fault. Just come and tell me."

WHAT CHILDREN NEED TO KNOW



THEIR BODY BELONGS TO THEM

Children should know that they are the boss of their own body. No one – not a peer, adult, friend or family member – has the right to touch them in a way that makes them feel uncomfortable.



PRIVATE PARTS ARE PRIVATE

Teach them the correct names for private body parts (e.g. penis, vagina, bottom). This helps remove shame and confusion – and makes it easier to report any concerns clearly.



THE 'NO, GO, TELL' RULE

If someone makes them feel unsafe or breaks a body boundary:
Say "NO!"
GO to a safe place
TELL a trusted adult.



SAFE AND UNSAFE TOUCH

Help your child understand:
Safe touch: hugs, holding hands if they want to
Unsafe touch: touches that hurt, feel scary, confusing, or are kept secret.

HOW YOU CAN SUPPORT AT HOME

1. Use everyday moments to talk about safety
2. Read books together on body safety
3. Practice naming trusted adults they can go to if worried
4. Reassure them: they will never be in trouble for telling the truth

Safeguarding Team



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If you have any concerns about a child's safety or wellbeing, please speak to a member of our Safeguarding Team. We are here to help and listen.