

Advice/ Support/Resources Our Pupils

Looking after yourself starts with knowing where to find help. Explore the resources below to learn more about staying safe, healthy and happy both in school and beyond.

At East Dene Primary School, we want every child to know that they are never alone and that help is always available if they need it.

This section has been created especially for our pupils and includes a range of child-friendly resources, videos, websites and activities to help children understand how to keep themselves safe, healthy and happy. Whether it's learning about online safety, friendships, bullying, mental health and wellbeing, healthy relationships or understanding trusted adults, these resources are designed to help children build confidence, make informed choices and know where to go for help.

We encourage all of our pupils to remember our safeguarding message:

“Speak Up. Stay Safe. We Are Here to Help”.

If something is worrying you, making you feel upset or doesn't feel right, tell a trusted adult as soon as you can. This could be a parent or carer, a teacher, a member of our Safeguarding Team or any trusted adult who will listen and help.

Remember, asking for help is a sign of strength, and no problem is ever too big or too small to share!

Here are some resources for you to look at:

[Online Videos for Pupils at East Dene Primary School](#)

[The Online Zoo](#)

[Goldilocks- Promoting Healthy Relationships](#)

[Trolls- A Story About Online Bullying](#)

[Old-MacDonald Had A Phone- The Risks of Phone Use](#)

[Song About What Not To Do Online](#)