



POCKET GUIDE TO SAFEGUARDING

**SEA
CADETS**

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It is everyone's responsibility to keep young people safe.

This pocket guide contains our code of behaviour and simple steps to keep yourself and others safe.

Sea Cadets is a place for you to enjoy, achieve, have fun and make friends.

Sea Cadets should be safe for everyone involved.

At Sea Cadets, you can speak out or report an incident if you have worries.

All adults at Sea Cadets should:

- ✓ be kind to you
- ✓ listen to you and take what you say seriously
- ✓ help you
- ✓ provide support

Code of behaviour

It's not OK for anyone to:

- ✗ make inappropriate or discriminatory comments towards you about your:
 - race
 - sex
 - gender identity and diverse gender expressions
 - sexual orientation
 - religion or beliefs
 - disabilities or hidden disabilities
 - emotional wellbeing
- ✗ bully, shout at you or tease you
- ✗ make rude or sexual remarks or make threats towards you, even as a joke
- ✗ hurt you on purpose
- ✗ make you feel lonely, worried, unsafe, hurt or embarrassed
- ✗ try to get you to be part of harmful games, initiations, challenges or trends
- ✗ touch you in a way that feels wrong or makes you feel uncomfortable
- ✗ damage or take your belongings without your permission
- ✗ try to pressure you into criminal or sexual activity – either online or in person

Adults who work or volunteer with children and young people are in a position of trust. It's not OK if they:

- ✗ have personal contact with you online, through any social media platforms or messaging apps; they must not message you from personal accounts for private or secret conversations
- ✗ use alcohol, cigarettes, e-cigarettes, vapes or illegal substances when with children and young people at Sea Cadets, or try to give them to you
- ✗ meet up with you or other cadets privately or for a social activity outside of Sea Cadets
- ✗ touch you. However, there may be situations where they need to, such as training, giving first aid or for safety reasons. In these situations, the adults must not be alone with you. Another adult must be there too, and you must be in an open space. They must ask for your permission first, and you can say **“No”** or **“Stop”**.

There are 3 steps to follow to help keep yourself and others safe:



Recognise



Respond



Report



Recognise

Noticing that you or another young person might not be safe.

You could recognise something is wrong if:

- ✓ someone tells you something they are worried about or that has happened to them
- ✓ you see something that doesn't look or feel right
- ✓ you experience something that makes you feel uncomfortable or harms you



Respond

If you are being bullied, harmed or abused, try to:

- ✓ be firm and tell the person to stop
- ✓ get away from the situation and go where there are other people who can help or get help for you
- ✓ if you're feeling threatened, make a lot of noise to attract the attention of people that can help you

If another young person tells you something worrying, try to:

- ✓ stay calm and reassure them that what they are doing is right
- ✓ tell them that you will try to help them, but that you must pass the information on to an adult. You can't keep it a secret.



Report – Tell someone!

If you think you or another young person is being bullied, harmed or abused, it is really important that you tell an adult what has happened as soon as possible.

We want you to feel comfortable to report any concerns about your own or another person's safety or welfare.

You can report concerns to any Sea Cadets adult, either in person or in writing. You can also ask another cadet to help you report something.

The person you report to will support you, and the Sea Cadets Safeguarding Team can also offer help.

Help and advice

You can talk to an adult at Sea Cadets. Let them know you would like to talk about something you are worried about.



If it makes it easier for you, you could show them this card so they understand why you want to talk to them.

It is not OK for people to tell you not to speak to anyone or to pressure you to stay quiet.

You can also talk to any other adult you trust, for example, a parent, carer or teacher.

You can also contact:

safeguarding@ms-sc.org
or **[childline.org.uk](https://www.childline.org.uk)**

