



POCKET GUIDE TO SAFEGUARDING

**SEA
CADETS**

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**It is everyone's responsibility
to keep children safe.**

This pocket guide tells you what you can do to keep yourself and others safe.

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

We want you to feel happy and safe. It's wrong for anyone to hurt you or make you feel unsafe. If they do, it is not OK and it is not your fault.

At Sea Cadets you can speak out 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:

- ✘ say things to you that make you feel bad about yourself because of 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
- ✘ use rude words or make comments about your appearance or body
- ✘ hurt you on purpose
- ✘ do dangerous things that make you feel unsafe or could put you at risk
- ✘ not give you what you need to be healthy and safe
- ✘ touch you in a way that feels wrong or makes you feel uncomfortable

Sea Cadets adults should never:

- ✘ talk to you privately (on their own or in secret) or follow you online
- ✘ arrange to meet you or hang out with you alone or in private
- ✘ have a personal friendship or relationship with you
- ✘ ask you to keep secrets
- ✘ 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

Remember that a Sea Cadets adult is an adult in a position of trust. They can be friendly, but they are not your friend.

There are 3 things you can do to keep yourself and others safe:



Recognise



Respond



Report



Recognise

Noticing that you or another child might not be safe.

If you are worried about yourself or another child, it is important to share your worries with someone you trust.

Even if you think it is something small, it's still important to tell someone.



Respond

If you are being bullied, harmed or abused:

- ✓ tell the person to stop
- ✓ try to walk away and go where there are people to help you
- ✓ if you are afraid, make a lot of noise so someone can come and help you



Report – Tell someone!

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

You can report things to your Commanding Officer or any other Sea Cadets adult. You can also ask another cadet to help you tell someone.

Sea Cadets adults will listen to you and help you.

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.

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

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

