

**NSPCC**  
Learning

# Speak out Stay safe

Virtual assemblies, lesson plans and face-to-face workshops helping children understand abuse and empowering them to speak out.



**Request the  
programme today**  
Visit [nspcc.org.uk](https://nspcc.org.uk/speakout)  
/speakout



**What is  
Speak out  
Stay safe?**

In the average primary school class, at least two children have suffered abuse or neglect. But it doesn't have to be this way. That's why we developed Speak out Stay safe.

Our free safeguarding programme is:

- available to all primary schools
- linked to the curriculum
- introduced by Ant and Dec.

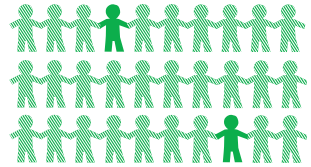
It empowers you to tackle a difficult topic with your students.

It helps children understand:

- abuse in all its forms and the signs of abuse
- abuse is never a child's fault
- sources of help available to them, including Childline.

**“I was incredibly impressed with the way the sessions were taught. The children were able to understand how to keep themselves safe from harm and abuse in a very sensitive and age-appropriate manner.”**

Head of Juniors, Newcastle



## 2 children

in the average primary school class have suffered abuse or neglect







How does  
it work?

Virtual assemblies, engaging lesson plans and face-to-face workshops are all part of Speak out Stay safe.

**Assemblies are available:**

- for ages 5-7 and 7-11
- in English, Welsh and with BSL incorporated.

**Lesson plans:**

- include engaging activities and resources
- are available in English and Welsh.

**Face-to-face workshops:**

- can be requested for your area
- are delivered by trained volunteers with the help of our mascot, Buddy
- cover topics like abuse and bullying in an age-appropriate way
- have teachers present throughout.

For children with additional needs and disabilities our Speak out Stay safe SEND/ASN/ALN programme is available.



We've reached  
**90%**  
of primary schools  
in the UK.

**“Seeing with your own eyes that the children are engaging – it’s a great feeling.”**

Speak out Stay safe  
volunteer





**What will  
children  
learn?**

By completing our free Speak out Stay safe programme children will learn to identify safe adults they can speak to if they're worried about themselves or a friend.

We know that two children in the average primary school class have suffered abuse or neglect. That's why in Speak out Stay safe we help children understand that abuse is never their fault and that by speaking out, they can get the help they need.

We believe that Speak out Stay safe is so important that we offer it free of charge to all schools.

➤ **Request the Speak out Stay safe programme for your school today**

Visit [nspcc.org.uk/speakout](https://nspcc.org.uk/speakout)

Email [schools@nspcc.org.uk](mailto:schools@nspcc.org.uk)

**“NSPCC has helped me to build the confidence to tell people about my worries and problems.”**

Child's feedback

## ➤ **School fundraising**

If your school would like to support our vital work we have exciting termly fundraising events and lots of ideas for schools to do their own fundraising.

Visit the **'Support Us'** page on [nspcc.org.uk](https://nspcc.org.uk) for more information.

Every pound you raise will help us spread the message to more children.



# NSPCC Learning

Everyone who comes into contact with children and young people has a responsibility to keep them safe. At NSPCC Learning, we help individuals and organisations to do this.

We keep you up-to-date with the latest child protection policy, practice and research. We deliver expert elearning courses and face-to-face training for your organisation. And we provide bespoke consultancy, sharing our knowledge of what works to help you deliver services for children and families.

With your support, working together, we can protect more children right across the UK.

**[nspcc.org.uk/learning](https://nspcc.org.uk/learning)**

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programme today**

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