"Ouch! I've hurt myself. Please report all accidents! No matter how small or big the injury, ALWAYS report it.

"It needs to be kept up to date and correct. You can ask to see it anytime.

"Everyone has a care plan.

"Do you know what to do if there is a fire? If not... ask a member of staff.

"Fire!!

"Acorns should be a safe place that is free from all hazards and dangers.

"I need to be somewhere safe.

"The number of carers you need depends on how much help you need. Some people need one and some need two. You need two care staff to help if you need hoisting.

"You have the right to express your feelings and thoughts.

"Listen to me and talk to me in my language.

"Whether you use words, symbols or sign language, it is important that you are listened to and understood.

"You need your buzzer to call a member of staff when you need help. Make sure your buzzer is working!

"BUZZ!!! I need some help!!"
* If you feel unsafe
* If you are being bullied
* If you have been injured
* If someone has hurt you
* If you feel upset or lonely
* If someone has frightened you

Tell Someone

Tell your parents
Tell staff
Tell friends
Tell your link worker

Remember you have the right to make a complaint.

A guide on how to keep safe

What to do if you feel unsafe

Produced by young people with Playtrain

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Acorns
Care for the child, support for the family