

Staying Safe with The Historical Herbalists

A guide for children and young people

Who we are

Hello! We are **The Historical Herbalists**. We run **living-history activities**, workshops, and events where people can learn about plants, history, and how people lived in the past.

You might meet us at:

- A museum or heritage site
 - A festival or public event
 - A school or youth group workshop
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Our promise to you

We want everyone who takes part in our activities to:

- Feel **safe**
- Feel **welcome**
- Be treated with **kindness and respect**

Your safety and wellbeing matter to us.

What our activities are like

Most of our activities:

- Take place in **public spaces**
- Are **open and visible** to others
- Happen with **parents, carers, teachers, or group leaders nearby**

We do **not** ask children to be alone with us, and we do **not** provide personal care.

What is OK

It is OK for you to:

- Ask questions and be curious
- Join in at your own pace
- Say **no** if you don't want to take part in something
- Ask for help if you are unsure or worried

- Tell someone if something doesn't feel right
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What is NOT OK

It is **not OK** for anyone to:

- Make you feel scared, upset, or uncomfortable
 - Touch you in a way that feels wrong
 - Speak to you in a rude, sexual, or unkind way
 - Ask you to keep secrets about something that worries you
 - Take photos of you without permission from a parent or carer
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Being respectful to each other

We ask everyone to:

- Be kind and fair to others
 - Listen when someone says "stop" or "no"
 - Treat people equally, whatever their background
 - Look after shared spaces and equipment
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If you are worried or feel unsafe

If something happens that makes you uncomfortable or worried, you can:

- 1 Tell a **parent, carer, teacher, or group leader** who is with you
- 2 Tell one of the adults from **The Historical Herbalists - Jaye, Rox or Alex**
- 3 Ask to speak to our **Safeguarding Lead, Rox**

You will be **listened to** and **taken seriously**.

Sometimes, to help keep you safe, we may need to tell other adults whose job it is to protect children. We will only do this if it is necessary.

Our Safeguarding Lead


The Safeguarding Lead is the person whose job it is to help keep children and young people safe.

Safeguarding Lead: Rox Madeira

Organisation: The Historical Herbalists CIC

Remember

- You have the **right to feel safe**
- You have the **right to be respected**
- You can always ask for help

Thank you for taking part in our activities — we hope you enjoy learning about history with us! 

This guide is linked to our full Safeguarding Policy and is written especially for children and young people taking part in The Historical Herbalists' living-history activities.