

# Staying Safe with The Historical Herbalists

*A guide for children and young people*

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## 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.

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## 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.

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## 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.

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## 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

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## 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! 

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*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.*