

KEEP YOU AND YOUR FRIENDS SAFE

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If you have a problem sometimes it can be hard to decide what the best thing to do is. It does not matter how embarrassed or scared you may feel there is someone out there who you can trust.

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Everyone has a right to be safe.

All children and young people have the right to be safe from being harmed in any way. We all want you to get the best out of life: to be safe, healthy, get on well with your family and friends, and do your best at school or in work when you are older.

We can help and support children and young people, and their families who have got problems in their lives. But we need people to tell us about their concerns. We can't help anyone, unless we know they need help.

Are you worried about:

- abuse
- bullying
- family problems
- alcohol or drugs
- racism
- gangs
- school
- sexual exploitation
- sexuality
- violence
- physical health
- mental health
- or any other issues?

Are you afraid to talk to anyone about your worries because:

- you are embarrassed
- you are worried people may not take you seriously
- you don't trust anyone to keep your secret
- you think people won't understand.

It can be very hard to talk about your feelings, but some problems won't go away if you ignore them. Talking to someone can make you feel better and help you to find a solution. We have a duty to support the welfare of children and protect them from harm so we have a named person, Manda, who you can talk to confidentially about your concerns.

Alternatively, you could talk to:

- a close friend
- your parent or carer
- another relative
- a doctor
- a social worker
- a teacher
- a school nurse
- a neighbour
- a police officer?

Or you can call ChildLine free on 0800 1111, or if you ever feel you are in danger call the police immediately on 999.

Remember: there is always someone you can talk to.

Helpful organisations:

If you want to speak to someone else, here are some helpline telephone numbers and website addresses:

ChildLine 0800 1111 or www.childline.org.uk

Kidscape www.kidscape.org.uk

Youth Access 020 8772 9900 www.youthaccess.org.uk

The site.org 0808 808 4994 www.themix.org.uk

Young Minds - www.youngminds.org.uk

Children's Society - www.childrenssociety.org.uk

Barnardo - www.barnardos.co.uk

Samaritans 08457 90 90 90 www.samaritans.org

NSPCC 0808 800 5000 www.nspcc.org.uk

NSPCC Asian Child Protection hotline 0800 096 7719