

What do I need to know about being safe?



What are your rights?

- Everyone has the right to feel safe and be protected.
- No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable.
- No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community .

How do I know if something is wrong?

- Every relationship should be respectful.
- It is wrong for anyone to hurt you or make you feel unsafe, uncomfortable or afraid.
- Remember a person doesn't have to physically hurt or touch you to be doing the wrong thing.
- Even if you are not sure, if something doesn't feel right you should tell an adult who can help you.

What should I do if I feel unsafe?

- Tell an adult you trust - telling someone won't get you in trouble. This can be someone at school or at home.
- Even if the person who is making you feel like this has asked you not to tell anyone, you should still talk to an adult. It is more important that you are safe and protected.

What should I do if I am worried that someone I know is unsafe?

- Tell an adult you trust. You can tell a teacher or any adult at your school.
- You can also tell your parent, carer, or any family member or adult that you trust. Even if the person who you are worried about has asked you not to tell anyone, you should still talk to an adult.

What will happen if I tell an adult at the school that I feel unsafe, or that I think my friend is unsafe?

- Adults at your school must listen to your concerns and help. Adults cannot promise to keep your worries to themselves and they may have to share them with another adult.
- In some cases, we may have to request additional support from outside agencies who specialise in supporting young people.
- We may have to inform your parents or carers, but we will let you know if this is the case.

What if I don't feel like I can talk to anyone at my school?

If you don't feel like you can talk to an adult at your school, you can talk to your parent or carer. If you don't feel like you can talk to your parent or carer, you can talk to another adult within your family. This may be an aunt, uncle, a step-parent, or a grandparent. If you don't feel like you can talk to any of these adults, you can talk to Childline: 0800 1111

