

Your Safety Matters

I'm being looked after by someone who is not my mum or dad or close relative

I wish mum and dad would stop fighting

I want to run away

I think I'm pregnant

I'm getting bullied because of my disability

Someone's hurting me but I don't know who to speak to

They make me feel unsafe

SPEAK UP!
No one has the right to hurt you



A stranger on the internet wants to meet up with me, what do I do?

I wish we had somewhere to live

I have drug problems



No matter what someone has told you, if this is happening to you, it is not your fault. No one has the right to do things to you that you don't like. If you speak out about it, there are people who will listen to you and help you. You won't be judged, we just want to help.

- You can talk to your teacher, your parents, your local doctor or nurse
- You can get help from the Participation and Rights Team on (01482) 396828 or visit their website: www.rights4u.org.uk or email rights4u@eastriding.gov.uk
- You can report abuse to Children's Social Care on (01482) 395500
- You can speak to Childline on 0800 1111 or www.childline.org.uk
- In an emergency you can ring 999



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