

Keeping yourself safe

It is important for you to know what adults should be doing to make sure you are protected from harm.



If you feel you are in immediate danger, you should contact the police (999). If you are worried about anything you can call CHILDLINE (this is a FREEPHONE number: 0800 1111), or you can speak to a social worker (you can find one by contacting your local council and asking for children's services). You will never get in trouble for asking for help.

Every child in the World has Rights set out to protect them, and to ensure that adults act only in their best interest, as set out in the United Nations Conventions on the Rights of the Child. All adults working with children should be working to protect these rights. For more information, visit UNICEF at <https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

RAEDWALD TRUST

The Raedwald Trust was created with the determination to improve outcomes for children and young people who are unable to access education in mainstream education settings and require personalised, bespoke education in an alternative setting.

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Young Person's Guide to Keeping Children Safe



RAEDWALD TRUST

Take-Away Information



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CHILDREN AND FAMILY COURT ADVISORY AND SUPPORT SERVICE (Cafcass)

(provides information to help children and young people understand what happens in court)

www.cafcass.gov.uk/children.aspx

0844 353 3350

CHILD EXPLOITATION AND ONLINE PROTECTION (CEOP) (provides useful advice about keeping children safe online)

www.thinkuknow.co.uk

CORAM CHILDREN'S LEGAL CENTRE (provides free legal advice to children)

www.childrenslegalcentre.com

08088 020 008

OFFICE OF THE CHILDREN'S RIGHTS DIRECTOR (OCRD) (for help and advice on your rights if you are living away from home at a school or in care)

www.rights4me.org

0800 528 0731

VOICE (provides advocacy and advice to children in care or living away from home)

www.voiceyp.org

080 800 5792

If you're worried, talk to someone you trust. If you think you, or someone you know is in danger, call you, or someone you know is in danger, call the police.

Where can you get help?

You can always talk to someone at your local children's services department – check the local council's website for details. You can also ask your local children's rights or advocacy team for advice and assistance. Check your local council's website for details.

UNCRC Article 19: Protection from violence, abuse and neglect

Other useful contacts:

CHILDLINE (if you need to talk to someone confidentially about problems you are having, or worries that you might have about other children)

www.childline.org.uk

0800 111

NATIONAL SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN (NSPCC)

www.nspcc.org.uk

0808 800 5000

YOUNG MINDS (provides advice and support to empower anyone experiencing a mental health problem)

0207 0895050

What is Abuse and Neglect?

When people talk about child abuse they usually mean one or more of the four things is being done to the child:

Physical abuse – sometimes you might be physically hurt by an adult (like being beaten, punched, kicked, scalded with hot water or punished in other ways that cause physical harm). And, if it wasn't an accident, that can mean that you are being abused. Child abuse means that a person is deliberately being cruel or violent towards you.

Sexual abuse – sometimes someone might touch you in ways you do not like. No one has the right to touch you in a bad way; or force you to touch them or other people. Some adults do some very bad things to children like trying to use them for sex. You should always tell someone if another person is trying to get you involved in anything of a sexual nature. This might also include things which do not involve touching (like involving you in looking at or making sexual images, watching sexual activity or encouraging you to act in sexually inappropriate ways. Sexual abuse is not just done by adult males. Women can also carry out sexual abuse, **as can other children**, and this is just as wrong.

Emotional abuse – sometimes adults may persistently say or do cruel things intended to upset you (like putting you down all the time or making you feel worthless or left out). Or you might see or hear the ill-treatment of others. This could leave you feeling very unhappy and not cared for, and this could be emotional abuse.

Neglect – when people talk about neglect they mean when a child is not getting the things they need – like somewhere safe and warm to live; somewhere to learn and develop; somewhere you will be cared for when you're not feeling well enough; somewhere you will get enough to eat; somewhere you will be properly looked after, and not be ignored. Neglect often happens when children are left to care for themselves or care for other such as brothers and sisters all the time.

What should I do if I think that I, or someone I care about, is being abused?

If you think that you, or someone you care about, is being abused you should always tell someone like a trusted adult, the police or a social worker. The law says that it is their job to do all they can to keep you safe from further harm. Sometimes it is not easy speaking to the police or a social worker about these things. If you feel this way, it is important that you ask an adult you trust to help you speak out against your abuse.

Will I be believed if I tell someone?

This is a very important question because many children fear that they won't be believed if they tell someone about abuse. Often, people who abuse children tell them that no one will believe them. This is not true. The police and social workers understand how important it is that they listen very carefully when children are trying to tell them some of the bad things adults – or other children – are doing to them.

Sometimes children feel guilty themselves, thinking they have made adults do bad things to them or should have done something to make it stop. It is not your fault! Adults who abuse children know exactly what they are doing and it is they – not you – who are responsible for their actions.

What if I'm worried that I'll be taken away from my family?

It is only natural to worry that you may be taken into care; however, most social work visits to check that children are being cared for safely do not lead to them being removed from their family home. The police and social workers want to do what is best to make sure that children are safe and properly looked after. The law means that children have the right to be kept safe from being harmed, perhaps by abuse from adults, or because adults do not understand how to look after themselves.

Each year, only a small number of children are received into care; this can only happen if this is the best way to help keep children safe from harm. If you do go into care, everything possible will be done to listen to your views and act upon your wishes and feelings. Social workers must plan for you to return home if this is safe for you.

Your Rights: Every child in the World is entitled to have these human rights met, as set out in the United Nations Conventions on the Rights of the Child, including:

Article 2 **the right to protection against discrimination.**

Article 3 **Adults should do what's best for you.**

Article 6 **the right to life.**

Article 9 **the right to live with your parents unless it is bad for you.**

Article 12 **the right to an opinion & for it to be listened to/taken seriously.**

Article 13 **the right to find out things and say what you think, through making art, speaking and writing unless it breaks the rights of others.**

Article 14 **the right to think what you like & follow whatever religion you want.**

Article 15 **the right to be with friends and join or set up clubs— unless this breaks the rights of others.**

Article 16 **the right to a private life.**

Article 19 **the right to be protected from being hurt or badly treated.**

Article 20 **the right to special protection & help if you can't live with your parents.**

Article 21 **the right to have the best care for you if you are adopted or living in foster care.**

Article 22 **the right to special protection and help if you are a refugee.**

Article 23 **If you are disabled, either mentally or physically, you have the right to special care and education.**

Article 24 **the right to the best health possible & to medical care and info.**

Article 25 **the right to have your living arrangements checked regularly if you are living away from home.**

Article 27 **the right to have a good enough standard of living.**

Article 28/31 **the right to education, and the right to play and relax.**

Article 32 **the right to protection from child labour.**

Article 33 **the right to be protected from drug abuse.**

Article 34 **the right to be protected from sexual abuse.**

Article 35 **the right to be protected from abduction, sale and trafficking.**

Article 36 **the right to be protected from other forms of exploitation.**

Article 37 **You have the right not to be punished in a cruel or hurtful way.**

What should professionals who work with children do to keep you safe?

These are the things the Government says that professionals should do. They should:

- Each follow the guidance that has been written by Government; this is called Working Together to Safeguard Children: [<http://www.education.gov.uk/aboutdfe/statutory/g00213160/working-together-to-safeguard-children>];
- Be able to recognise where there are signs of abuse or neglect;
- Act quickly on any concerns to make sure that you are safe (by reporting these immediately to social workers or the police);
- Listen to you, including any worries you have about what will happen to you and people you care about;
- Be honest with you in explaining what will and won't be happening;
- Share any concerns they have about you with other professionals working with them;
- Share information with other professionals about what is going on, including any early help that needs to be given to you and your family;
- Share what else they have been able to find out (often called an 'assessment') so that other professionals can understand better what your needs are;
- Work with others to provide the right help for you; and put a stop to things that may have been harming you;
- Share responsibility with others for deciding what help to give you, and who will be providing this;
- Make sure that bad things don't happen in your life (like needlessly being taken from your family, friends or school); and
- Keep on checking to make sure that the help they are giving is still the right help for you.

Staying safe online

When you're online, it's important to stay safe and make sure you don't share things that could put you in danger.

Be careful what you share – because once it's online, it's out of your control. Don't meet people who you don't know in 'real' life – even if you get on with them online, you never know who they really are.

Use a complex password – it should be hard for people to guess your password and you should change it regularly.

Online communities can be great for getting help with lots of different things. But sometimes it's hard to know if an online community is making things better or worse. Sometimes people go on websites which promote anorexia, bulimia or self-harm. This could be because they feel people in their life don't understand what they're going through.

However, harmful online communities can change the way you see life – even if you don't want that to happen. It can also trigger thoughts and emotions. Ask yourself: "is a community really trying to help me or is it making things worse?" If you're part of an online community that is negative or harmful, it is okay to leave. You have control over the websites you visit. Don't feel guilty about going to a more positive community instead. You could try the *Childline* message boards, where young people talk about their experiences and support each other with what they're going through.

CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse.

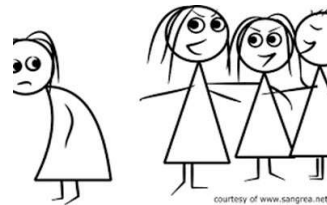


<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Bullying

Bullying can take many forms, including Verbal, Emotional, Physical, and Cyber.

There is no shame in being bullied. Everyone is open to being bullied because it's normally about being different in some way and we are ALL different. But it is ALWAYS unacceptable.



What can we do?

Be Resistant and Resilient

Bullies mainly go for the people they think are vulnerable. Even if you feel it, try not to let the bullies know it. The number one thing we can do to combat bullying is to try not be affected by other people's negative behaviour. If they think it's not affecting you, they may well stop.

Stay Safe

Be aware of the places where you feel most vulnerable. If you know where your bullies strike, where possible, try to avoid them. Stick with friends and keep away from risky situations, such as finding yourself in secluded areas.

Speak out

Do not suffer in silence. You need support and you may need help to stop what is happening. People who can help include *friends, family, school staff, staff at doctor's surgeries, social workers and independent help organisations*. Friends can be a great source of support and schools have a duty of care for your wellbeing but if it becomes necessary, do not be afraid to contact *the police*, as some forms of bullying, such as *stealing, damage to property, open racism, physical harm and sexual harassment/abuse* are legal issues.

Keep Evidence

This is particularly relevant to cyber bullying. Keep texts and social media comments etc. to show to whoever is helping you and any other evidence that might be useful if the police need to get involved.

National Bullying Helpline Tel: 0845 22 55 787

Childline Tel: 0800 1111

WHAT TO DO IF YOU'RE BEING BULLIED ONLINE

Sometimes it can seem like cyberbullying will never end. But there are some things you can do to make it stop.



Nobody has to go through online bullying alone. Telling someone you trust could help you report the cyber bullying and give you more confidence to deal with the situation. You could talk to a friend, an adult you trust or a trained **Childline** or **NSPCC** counsellors.

Cyberbullying is not against the law, but **harassment or threatening behaviour** is. That means if someone keeps making you feel scared on purpose, what they're doing could be illegal.

If someone's bullying or threatening you, something can be done to stop them and you should report it to an adult you trust. If you can, keep a record of the bullying. Having a record of when and where the bullying happened can help to get it stopped.

For lots of advice on how to stop bullying that is happening online – whether through texting, social media sites, email, online videos, sexting or other ways – go to the website below:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/>