

Think about ...



**Keeping**

**Yourself**

**Safe**

**I was  
hungry**

**MY CLOTHES  
WEREN'T  
CLEAN**

**ALWAYS TELL IF  
YOU'RE BEING  
ABUSED. I DID!**

He did those  
things when we  
were alone

**I had to hide  
the marks on  
my skin**

**IT'S NOT  
YOUR FAULT**

Think about ...



**Keeping**

**Yourself**

**Safe**

Child abuse happens if someone is neglecting you or hurting you emotionally, physically or sexually. It's important to know how to keep yourself safe. If someone is neglecting you or hurting you it is important that you tell someone.

Don't be afraid to say "No" if someone asks you to do something which makes you feel uncomfortable. Always remember that some secrets should never be kept - abusers often say "it's our secret" as a way of keeping you quiet.

**STAY SAFE ON LINE** - Never give out any personal information, no matter who you think you're talking to. Never post pictures of yourself or do anything on social networking sites that you feel isn't right or you might find embarrassing in the future. You should always remember that internet users can

pretend to be anyone. Never arrange to meet someone you have met on-line!

When going out take your mobile phone with you. Make sure someone knows where you are. If you are out at night - don't walk or travel home alone!

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## **Always tell if someone is making you feel uncomfortable, confused or scared**

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If you or someone you know is being neglected or emotionally, physically or sexually abused - tell an adult you trust or speak to your school counsellor. The following organisations can help you if you or someone you know feels unsafe.

### **Helplines:**

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Domestic Violence Helpline  
(24 hours) 0800 917 1414

### **Useful Websites:**

[www.nidirect.gov.uk/protecting-yourself](http://www.nidirect.gov.uk/protecting-yourself) - information about keeping yourself safe

[www.childline.org.uk/Explore/AbuseSafety/Pages/AbuseSafety.aspx](http://www.childline.org.uk/Explore/AbuseSafety/Pages/AbuseSafety.aspx) - information about abuse and keeping safe

[www.childline.org.uk/Explore/OnlineSafety/Pages/OnlineSafety.aspx](http://www.childline.org.uk/Explore/OnlineSafety/Pages/OnlineSafety.aspx) - keeping yourself safe online and with your mobile

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - information about keeping yourself safe on the internet

[www.thehideout.org.uk](http://www.thehideout.org.uk) - information about domestic abuse