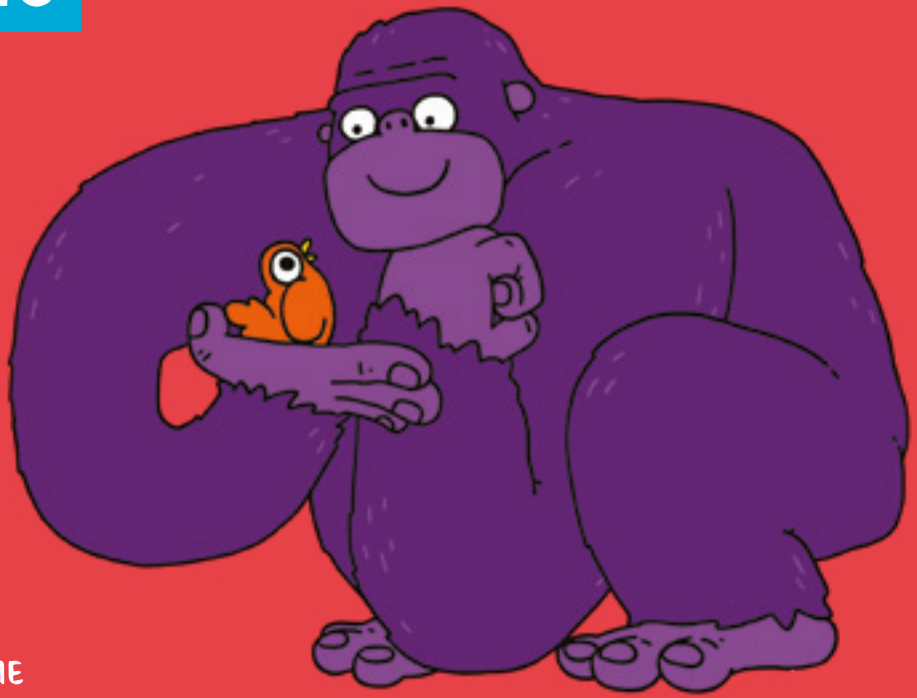
you have the RIGHT to be SAFE



childline

ONLINE, ON THE PHONE, ANYTIME

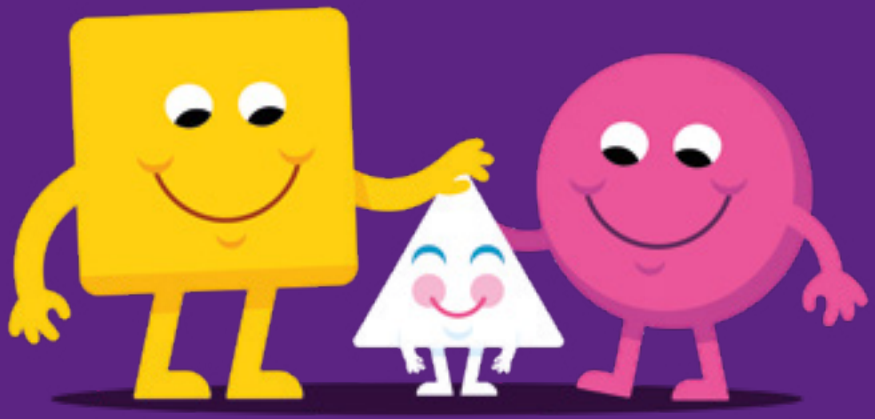
childline.org.uk | 0800 1111

Ariennir gan
Lywodraeth Cymru
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Welsh Government

ALL CHILDREN AND YOUNG PEOPLE HAVE THE RIGHT TO BE SAFE AND FEEL HAPPY.

Sometimes things happen which make you feel sad, scared or angry. Someone might be hurting you or making you feel frightened. This can be very confusing and sometimes it's hard to ask for help, especially if someone has told you bad things will happen if you tell.

It is important that you know that people are there to get help for you and your family.



TALK TO A SAFE ADULT



Talking about things can help you to see things differently, get ideas of how to cope and find ways to change things in your life. Whatever's happening, you deserve support. You could talk to your parents, carers, a teacher or someone else you feel safe with. Sometimes there are adults in our life who we trust but who hurt us. Talking to an adult that you trust who doesn't hurt you is important.

TELL CHILDLINE

Childline is a free, private and confidential service to support children and young people who are aged under 19. They have lots of information and advice, and you can talk to a counsellor about anything for free by calling **0800 1111** or online at **childline.org.uk/kids**



TALK TO MEIC



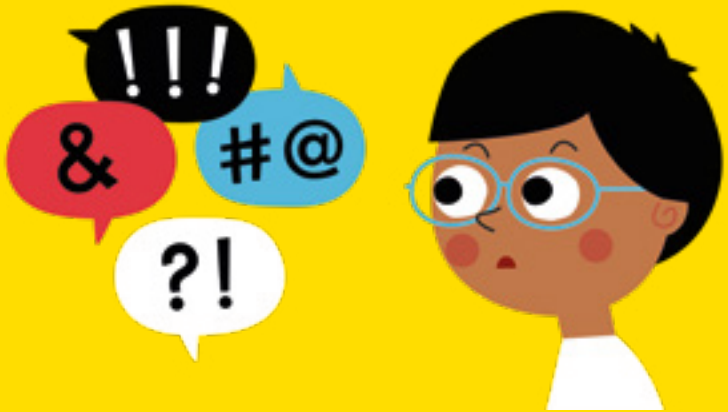
Meic is the helpline service for children and young people up to the age of 25 in Wales. Find out what's going on in your area or get help with something that's happening in your life. Talk to Meic at **meiccymru.org** or by calling **0808 80 23456**

WHAT IS ABUSE?

Abuse is anything that another person does to hurt you, this includes:

- hurting your body
- hurting your feelings
- making you do things with your body or their body that make you feel uncomfortable
- when your parent or carer aren't looking after you properly

Abuse is never OK and is never your fault. Abuse can happen to children, young people and to adults.





WILL PEOPLE BELIEVE ME?

Lots of children and young people are told that they might not be believed if they talk about what's happened, but this isn't true.

People like teachers, doctors, nurses, social workers and police officers will always listen to you.

Being hurt or abused is never your fault, and you've got the right to be looked after and kept safe from abuse. This means that if you tell someone like a teacher, they'll want to help you and they've got a duty to help keep you safe.

If you're worried about confidentiality and what can be kept private, you can ask someone about it before you tell them anything. If they're worried about your safety, then some adults will have to tell someone else. This is so they can keep you safe.

WHAT WILL HAPPEN IF I TELL SOMEONE?

The person you decide to talk to will explain to you what they are going to do about what you have told them. You might have lots of questions about what will happen next, it is OK to ask questions. The person you tell might not have all the answers to your questions straight away but you can ask them to find out for you. If there is anything you are worried about let them know so they can talk to you about how you are feeling.

It is important that you do tell a safe adult so that people can help you.

you have the RIGHT to be SAFE and HAPPY



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Illustrations by Jamie Nash.