



KEEPING YOU SAFE

A guide for young people



Safer Shetland

Safeguarding Children, Young People and Adults in Shetland

**Grown ups
should look after
children and
keep them safe**



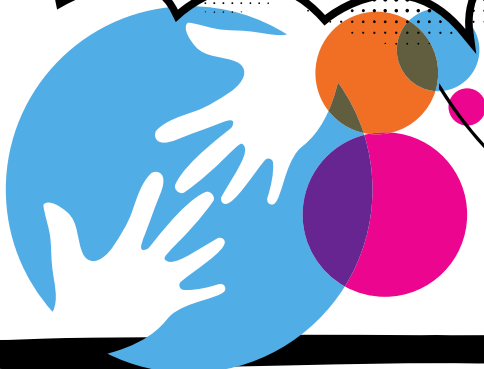
**Sometimes
grown ups
hurt children**

**Sometimes they
are not able to
look after you
very well or keep
you safe**



**We have come to see
if you are OK.
Someone has told us
that you might be
hurt or unsafe**

**We are social
workers.
Sometimes we
may visit with a
police officer.
Our job is to
make sure you
are safe.**



What will happen?



We will talk to you.

Then we will talk to your family

We will talk to your teacher

If you are hurt we will take you to see a doctor. This could be in Aberdeen

Then what?



We will listen to what you want and make sure that you are safe

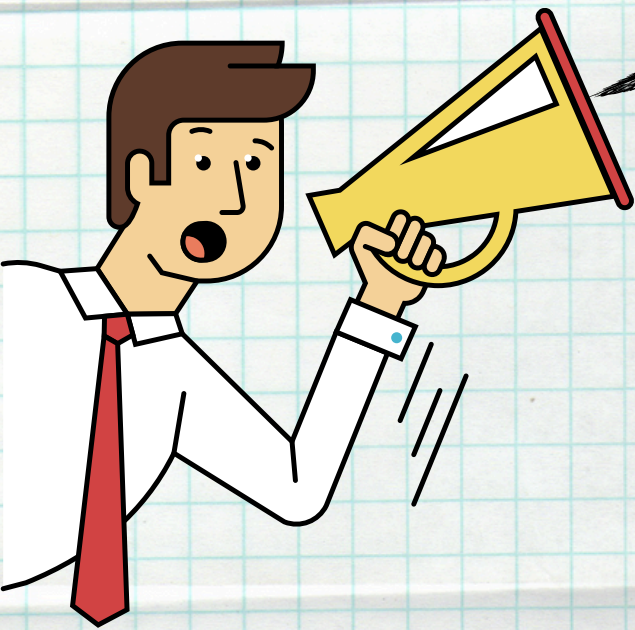
We might help your mum or dad to keep you safe at home

THIS IS A SAFE SPACE

We will have a meeting to talk about how to help you. We can tell people at the meeting what you want to happen

If it isn't safe with your mum or dad, we will talk about you staying with someone else.


REMEMBER




no one
should hurt
you


you have
a right to
be safe


Here are some useful telephone numbers and websites

 Childline 0800 1111 / www.childline.org.uk




 NSPCC helpline 0808 800 5000 / help@nspcc.org.uk

 Social Work 01595 744 420 or when it's urgent at night time or weekends, call 01595 695611

 For information on how to be safe online
www.thinkuknow.co.uk or saferinternet.org.uk



 For information about domestic violence
www.womensaid.org.uk

