



Safe from Harm

CARE & WELFARE

A Quick Guide for Young People

You can be hurt or harmed by what people **DO** or **SAY** to you

Listen

- ▶ To each other

Respect

- ▶ Everyone as an individual
- ▶ The wishes of your friends. Don't gossip

Be Sensitive

- ▶ To other people's likes and dislikes

Encourage

- ▶ Your friends to feel good. Don't put them down
- ▶ An ethos in school which is welcoming and supportive

Support

- ▶ By sharing your problems
- ▶ By talking to someone you trust
- ▶ By being a good friend

Some Useful Numbers

Child Assessment Teams (Social Work)

Rosyth	01383 602203
Cowdenbeath	01383 602201
Dunfermline	01383 609111
Glenrothes	01592 583321

Kirkcaldy	01592 583322
Leven	01334 659323
Cupar	01334 659322

Family Protection Unit

Domestic Abuse Issues	01383 312300
Child Protection	01383 312910

Childline Scotland 0800 1111

(If you are a victim of racist abuse you can contact the above Childline number)

Anti-bullying Network

www.antibullying.net/youngpeople.htm

People I can talk to

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If someone hurts you

- ▶ Remember it's not your fault
- ▶ Tell a teacher or other adult you trust
- ▶ Think about what you want to say
- ▶ Don't give up
- ▶ Think about yourself and your rights
- ▶ Remember you can call

Childline on 0800 1111

If a friend tells you they are being harmed

- ▶ Listen. Don't ask lots of questions
- ▶ Say you want to help. Don't judge
- ▶ Tell an adult you both trust. There are some things that can't be kept secret.

If you suspect a friend is being harmed

- ▶ Listen to what they have to say
- ▶ Talk to an adult you can trust about your concerns
- ▶ Let your friend know that you are there for them