

### What to do

If you are being bullied or abused, it is not your fault. If this is happening try to:

- Be firm and tell the person to stop - make a lot of noise to attract attention
- Get away from the situation quickly, go to a public place to find help or call the police (999)
- Tell your parents/carers or an adult you can trust what has happened as soon as possible, so they can help you
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened
- Use the 24 hr free telephone helplines

**Childline 0800 1111**  
**NSPCC 0800 800500**

Keep trying if you can't get through straight away.

*Don't ignore what is happening - always tell someone you trust. Police station's & social services office's will have staff who are specially trained to support young people who have been bullied or abused.*  
*Don't give up until someone helps you and you feel safe.*

### Keeping safe

To keep safe always:

- Tell someone you trust, so they can help you
- Trust your instincts about the people you meet
- Avoid being alone or with just one other person
- Travel with a friend, avoid travelling in someone else's car by yourself
- Avoid going to other people's homes by yourself
- Carry a mobile phone, phone card or change.

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## 'KEEPING KIDS SAFE'

**Childline 0800 1111**  
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### A YOUNG PERSONS GUIDE TO CHILD PROTECTION

*You have rights* – Sport should be fun. You should feel safe and enjoy your sport. You can't do this if you feel unhappy – if someone is bullying or abusing you.

### When do you know if something is wrong?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you or does anything that makes you feel uncomfortable
- Makes suggestive remarks or tries to pressurise you into sexual activity
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

**If any of the above happens to you, do not wait for it to happen again, act immediately.**



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