



Useful telephone numbers and Websites

Childline 0800 1111
www.childline.org.uk

Children 1st / NSPCC 0808 800 5000

Social Work 01595 744421
(If it's urgent at night time or weekends call
01595 695611)

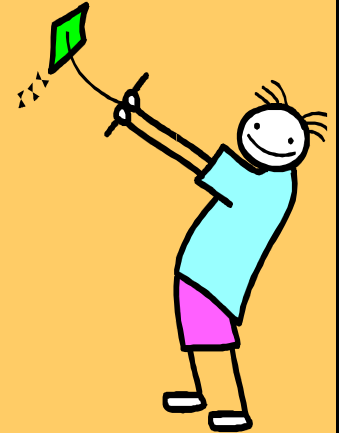
Information for children and young people on
safe use of the Internet
www.thinkuknow.co.uk

Information for children and young people
worried about domestic violence
www.thehideout.org.uk

Keeping You Safe



A Guide For Children



This leaflet was given to you by:-

Name of Social Worker

Telephone Number

Name of Police Officer

Telephone Number

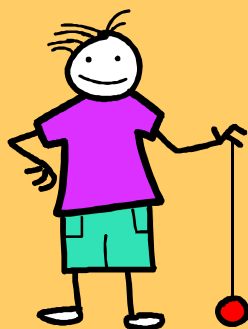
Shetland Child Protection Committee

Safeguarding Children and Young People in Shetland

Grown ups should look after children and keep them safe.

Sometimes grown ups hurt children.

Sometimes they don't look after them very well or keep them safe.



Why have we come to see you?

Someone has told us that you might be hurt or upset.

We have come to see if you are OK.

Who are we?

We are social workers. Sometimes we may visit with a police officer.

Our job is to listen to you and make sure you are safe.



What will happen?

We will talk to you and your family.

We will talk to your teacher.

If you are hurt we will take you to see a doctor.



Then what?

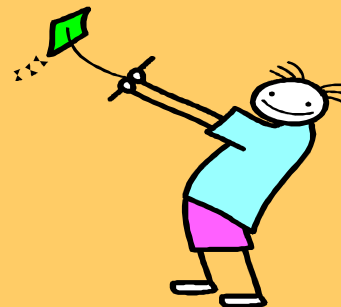
We need to make sure that you are safe.

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

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

We might have a meeting to talk about how to help you.

We can tell people at the meeting what you want to happen.



Remember

You have a right to be safe.

No one should hurt you.