




## Keeping safe: getting Help



### **We all have the right!**

We all have the right to feel safe and be protected from harm and abuse!

But what do we do when we have a worry or concern about our safety?

This card gives you the information and contacts to help you if you are worried about your safety or the safety of a friend. 

### **What is abuse?**

There are four different kinds of abuse:


- Physical injury (e.g. hit, kicked or punched)
- Sexual abuse (e.g. inappropriate sexual behaviour, language or touching)
- Emotional abuse (e.g. being constantly criticised, ignored, humiliated or exposed to domestic abuse)
- Physical neglect (e.g. not being properly fed or clothed or poor hygiene)



### **What can I do?**

If you are concerned about your own safety or the safety of someone you know you need to TALK TO SOMEONE.

There are lots of people out there to help you.

Use the contacts on the other side of this card. 

## Contacts!

Duty social worker: 01595 744421  
or after 5 o'clock or 4 o'clock on  
Fridays and at weekends  
phone - 01595 695611

**Lerwick Police Station** Tel: 101  
in an emergency call 999

ChildLine: 0800 11 11

**Children's Rights Officer:**  
01595 745073

**Reporter (Children's panel):**  
0300 200 2200

[www.safershetland.com](http://www.safershetland.com)

## Bullying



Bullying is an issue which affects many young people. If something is worrying you friends and parents can be a great help but you may need to talk to someone else e.g. a teacher or youth worker or you can call ChildLine or **others** for support (see above).



## Think before you click!

Here are three tips to help you to stay safe when surfing the net and using your mobile!

- Never give out your name, address or phone number to people you don't know.
- Never give out personal bank information or details.
- Never arrange to meet with people you have met online alone — always take a friend or trusted adult and always meet in a public place.

If you have any concerns over something which has happened online or want more info use the contacts above or check out: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

