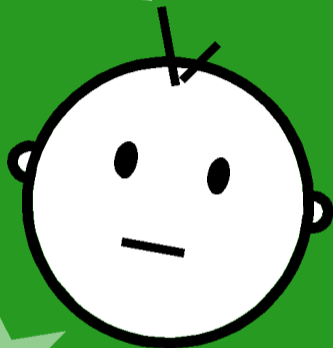




If you **DON'T**  
feel **SAFE**....

....and you



**DON'T** know  
what to do....



then **talk**  
to **US**....

**We can**



**HELP YOU!**



# If you DON'T feel **SAFE**....

All children and young people have a right to feel safe and be protected from harm and abuse

## ...and don't know what to do?

If you are worried or need help please talk to an adult you trust, such as your mum, dad or other relative.

Or you can speak to someone else such as your friend's mum or dad.

If the person you speak to does not listen to you or does not take you seriously, or are not able to help you. **TALK TO US.**

## Talk to us....

Speak to:

- your teacher
- a social worker
- your doctor or school nurse
- a police officer

In an emergency if you or another young person need help please contact the police or social work right away and tell whoever answers the phone that this is **CHILD PROTECTION** and you need **HELP NOW.**

## We can help you

Social work: **01294 324800**

Police: **01292 664014**

Scottish Children's Reporters  
Administration: **01294 278151**

Childline: **0800 1111**

### When the office is closed:

Social Work

Standby Service: **0800 811505**

Remember you have a right to be safe and to be listened to and taken seriously. If you do not feel safe **SPEAK TO SOMEONE** who can help you.