



*Keeping
Ourselves
Safe*

YOUR RIGHTS

“Children have a right to be safe from any violence, abuse or neglect.”

All children have a right to be protected from all forms of abuse and neglect.

THESE ARE YOUR RIGHTS

(United Nations Convention on the Rights of the Child and British Law in this country)



WHAT IS ABUSE AND NEGLECT?

You may be hurt by an adult or another young person in many ways. Abuse can be any of the following:

Physical abuse

When an adult deliberately hurts a child, such as hitting, shaking, throwing etc.

Emotional abuse

This would happen, for instance, when a child is being unfairly blamed for everything all the time, or told they are stupid and made to feel unhappy.

Sexual abuse

An example of sexual abuse would be where a child has been forced to take part in sexual activities or in the taking of rude photos. No one has the right to touch anyone in a bad way.

Neglect

If a child is not getting the important things they need, or they're not being looked after properly by their parents or carers, they might be experiencing neglect.

WHAT SHOULD I DO IF I THINK I AM BEING ABUSED?

If you think that you, or someone you care about, is being abused, you should always tell someone like a trusted adult or the police.



Sometimes it is not easy. You may feel guilty or think that you should have done something to make it stop.

**IT IS NOT YOUR
FAULT!!**

WHERE CAN I GO TO GET HELP? WE WILL LISTEN...

You can always talk to someone at school such as your friend, staff member or Headteacher.

Safeguarding Lead: Mr Sharp

or

Deputy Lead: Ms Piper

or

Safeguarding Governor:

Mr Henneberry

or

CHILDLINE

www.childline.org.uk

08001111

NSPCC

www.nspcc.org.uk

08088005000

FURTHER INFORMATION

You can always log on to the Cumbria Safeguarding Children Partnership.

www.cumbriasafeguardingchildren.co.uk/

There is lots of information for yourself, your parents / carers or your friends.

If you feel you are in immediate danger, you should contact the police.

**YOU HAVE A RIGHT TO BE
SAFE!**