



## 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)



*Keeping  
Ourselves  
Safe*

## 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: Miss Morris**  
or  
**Safeguarding Governor: Father Andrew**  
or

CHILDLINE  
[www.childline.org.uk](http://www.childline.org.uk)  
08001111

NSPCC  
[www.nspcc.org.uk](http://www.nspcc.org.uk)  
08088005000

## FURTHER INFORMATION

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

[www.cumbriasafeguardingchildren.co.uk/](http://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!**