



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

**...and you**



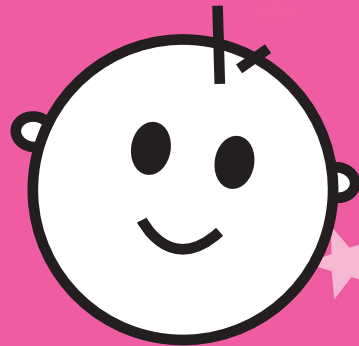
**DON'T know  
what to do...**



**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 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.**

# then 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 Services: **01294 310300**

Police Scotland **101**

ChildLine: **0800 1111**

## When the office is closed:

Ayrshire Out of Hours Social

Work Service: **0800 328 7758**

**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.