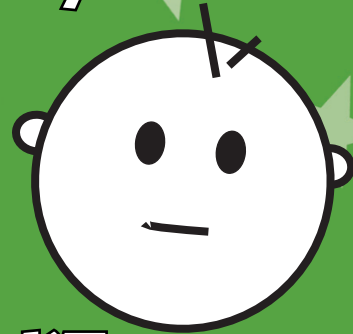




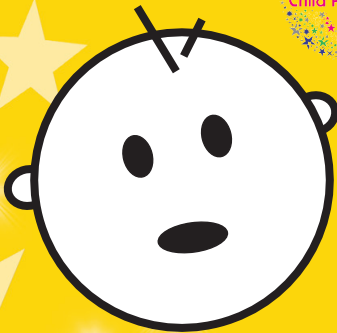
If you **DON'T**
feel **SAFE...**

...and you

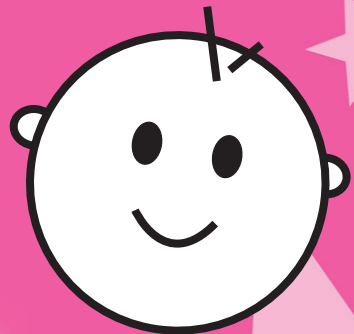


DON'T know
what to do....

then talk
to us...



we can



HELP YOU!



NORTH AYRSHIRE
Child Protection Committee
CARE, PROTECTION, COMMITMENT TO NORTH AYRSHIRE'S CHILDREN

www.cpckids.co.uk

www.cpcteens.co.uk

www.childprotectionnorthayrshire.info

All children and young people have the right to be safe and to be protected from harm.

These kind of situations might be harmful for children:

- **Parents/carers drink a lot of alcohol or take drugs when they are looking after children**
- **There is lots of arguing or fighting that scares children**
- **Children are left alone at home**
- **Parents/carers do or say things that make children feel upset or worried**
- **Children don't have enough to eat, warm clothes to wear or a safe place to sleep at night**

If you, or someone you know, might be affected by things like this, please talk to an adult.

You can talk to an adult you know such as a family member, a friends parents, a teacher, a doctor, a school nurse, a social worker or a youth worker. Or you can call one of the numbers below:

ChildLine: 0800 1111

Social Services (Office Hours) : 01294 310300

Social Services (Evenings and Weekends) : 0800 329 7758

Police Scotland: 101

