

you have the  
**RIGHT**  
to be  
**SAFE**

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



Ariennir gan  
Lywodraeth Cymru  
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YOUR RIGHTS

**EVERYONE HAS RIGHTS**

ALL YOUNG PEOPLE HAVE THE RIGHT TO FEEL SAFE AT HOME, BE LOOKED AFTER AND BE TREATED FAIRLY

## WHAT IS ABUSE?

Abuse can be anything another person does that hurts you, or leaves you feeling scared or upset. It can also be when your parent or carer isn't looking after you. Abuse is never OK and is never your fault.

Abuse can include:

- **Physical abuse** - Being physically hurt or injured by someone else
- **Sexual abuse** - Being forced, pressured or tricked into taking part in something sexual
- **Emotional abuse** - Being put down, ignored or always made to feel bad about yourself
- **Neglect** - When your needs aren't being met, like clothes that fit, food or a place to live or someone isn't looking after you
- **Relationship abuse** - When someone hurts or is controlling to someone they're in a relationship with, this is sometimes called domestic abuse

Abuse could happen once, or lots of times. It's not always easy to tell if something is abusive, but even if you're not sure it's important to ask for help.



## SOMETIMES YOU WON'T KNOW YOU ARE BEING ABUSED

Sometimes a person who's abusing you can make you feel like they care about you. They may build a relationship with you to pressure you into doing things you wouldn't normally do or things that make you feel uncomfortable.

This can happen to anyone. You might feel like you will get into trouble if you tell anybody about what is happening or you might worry that you will get someone you care about into trouble. Sometimes people get into situations which feel really difficult to get out of but it's never too late to ask for help.

If someone's trying to pressure you, they might:

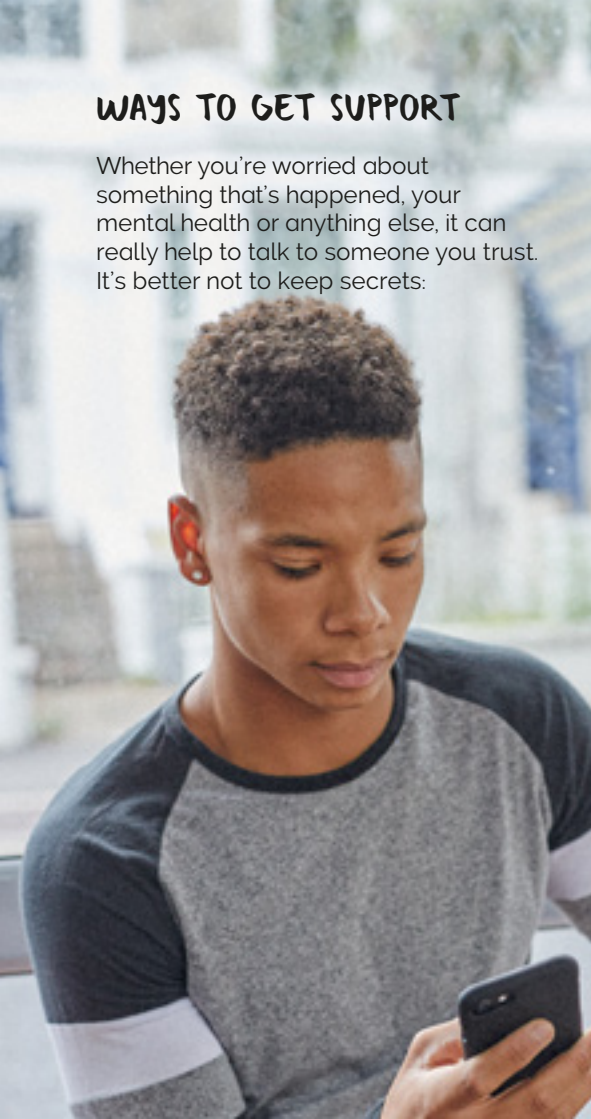
- Tell you that you won't be believed
- Make you feel isolated or like you can't trust other people
- Tell you that you'll get into trouble
- Leave you feeling like things are your fault
- Threaten you or tell you that you'll be hurt if you tell anyone

It can really help to talk to people outside of what's happening to get advice. Talking to an adult you trust can help you to see your options, take back control and keep you safe.



## WAYS TO GET SUPPORT

Whether you're worried about something that's happened, your mental health or anything else, it can really help to talk to someone you trust. It's better not to keep secrets:



### TALK TO AN ADULT YOU TRUST

Talking about things can help you to see things differently, get ideas of how to cope and find ways to change things in your life. Whatever's happening, you deserve support. You could talk to your parents, carers, a teacher or someone else you feel safe with. Sometimes there are adults in our life who we trust but who hurt us. Talking to an adult that you trust who doesn't hurt you is important.

### TELL CHILDLINE

Childline is a free and confidential service to support anyone under 19. We've got lots of information and advice, and you can talk to a counsellor about anything either online or by calling for free on **0800 1111**

### TALK TO MEIC

Meic is the helpline service for children and young people up to the age of 25 in Wales. Find out what's going on in your area or get help with something that's happening in your life. Talk to Meic at **meiccymru.org** or by calling **0808 80 23456**



## WILL I BE BELIEVED?

Lots of young people are told they might not be believed if they talk about what's happened, but this isn't true.

People like social workers, teachers, doctors, nurses and police officers will always listen to you. If they think you or another child is suffering now, in the past or in the future, it's their legal duty in Wales report that.

Being hurt or abused is never your fault, and you've got the right to be looked after and kept safe from abuse. This means if you tell someone like a teacher, they'll want to help you and they've got a duty to help keep you safe.

## WHAT WILL HAPPEN IF I TELL SOMEONE?

You might have lots of questions about what will happen next – don't be afraid to ask. If the person does not have the answers straight away then you can ask them to find out for you and they should offer to do this. If you don't understand what is happening or what someone tells you, let them know and ask them to explain things to you.

If someone you tell is worried about your safety, they might want you to talk to a social worker or the police.

Talking to people like social workers or the police might seem intimidating sometimes - but they're there to help you. They might want to interview you to find out more, or a social worker might want to work with you and for family to keep you all safe.

You always have a right to say what you want to happen, and have someone talk on your behalf and to help you.





## CONFIDENTIALITY

If you're worried about confidentiality and what can be kept private, you can ask someone about it before you tell them anything. Most professionals have a responsibility to tell you what they would pass on.

If they're worried about your safety, some adults have to tell someone else. This is so they can help you in the best way.

Talking to Childline is confidential, you can find out more about talking to Childline at: **[childline.org.uk](https://www.childline.org.uk)**

Talking can help to make you safe and it's important that you tell an adult you trust so that people can help you.