



IF YOU
DON'T FEEL
SAFE



AND
DON'T KNOW
WHAT
TO DO...



TALK TO
US...



WE CAN
HELP YOU





- **Social Work Services:**
0141 287 8700
- **Police:** 0141 532 3000
- **Scottish Children's Reporters Administration:** 0141 567 7900
- **Child Line:** 0800 1111
- **Out of Hours Social Work Service:** 0800 811 505

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.



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 Services right away and tell whoever answers the phone that this is **child protection** and you need help **now**.



If you are worried or need help please talk to an adult you trust, such as your mum, dad or other relative or family friend.

If the person you speak to:

- does not listen to you
- does not take you seriously,
- or is not able to help you, then **talk to us**.



All children and young people have a right to feel safe and be protected from harm and abuse.