YOU HAVE BEEN REALLY BRAVE. PEOPLE WILL LISTEN TO WHAT YOU HAVE TOLD THEM AND WILL EXPLAIN TO YOU WHAT MIGHT HAPPEN NEXT TO KEEP YOU OR OTHERS SAFE.

Thank you to the pupils of Newbridge School for their support in designing this leaflet.



WHEN SOMEONE ASKS YOU
TO DO THINGS THAT FEEL
WRONG OR MAKE YOU FEEL
UNCOMFORTABLE IT'S NOT OKAY!

If you, or a friend, are in immediate danger or want urgent help,

**call** 999

immediately and talk to the police.

If you are worried that you or a friend may be being exploited. What can you do?

You need to talk to an adult who you trust. This may be a Parent, Carer, Family Member, Teacher, School Nurse, Family Friend. If you don't want to talk to someone you know, you can also talk to:

Worcestershire Children First:

01905 822666 (daytime)

Child Line:

0800 1111

**Crime Stoppers:** 

0800 555111



# A YOUNG PERSON'S GUIDE TO KEEPING SAFE

DOES IT FEEL
LIKE SOMETHING
ISN'T RIGHT?

LISTEN TO YOUR INSTINCTS!

BE AWARE,
STAY ALERT AND
KEEP SAFE!







#### HOW MUCH DO YOU KNOW?

Exploitation can happen to you, no matter what your, age or background, male or female.

It could be a friend, or group of friends.

You could be exploited by someone you've met online.

It could be someone you think of as a boyfriend or girlfriend.

## WHAT COULD HAPPEN?

You need to be aware of Warning Signs that someone may want to exploit you and to be careful who you trust.

They could force you into dangerous situations, criminal activity and you could be harmed before you know it.

They could use clever ways to take advantage of you.

They might give you money, drugs, alcohol, gifts or somewhere to stay and then force you to do something in return.

### WHO CAN YOU TRUST?

Exploitation becomes a problem if that person starts to try different ways to control you, making promises they can't keep, threatening you, becoming violent if you don't do what they want.

They might also try and isolate you from your friends, family and other people who care for you. Difficulties at home and the excitement of older 'friends' mean sometimes it is easy to get drawn into an abusive situation very quickly.

You may be pressured to drink or take drugs.

It may seem okay even normal to do what you are being asked to do but if it feels even slightly 'wrong' talk to someone.

# WHO DO YOU TRUST IN YOUR WORLD?