

## How to KEEP YOURSELF and others safe...

Important things you should always remember:

- ✓ You need to ensure that you stay safe online as there are many potential hazards online.
- ✓ Never let someone persuade you to do something that you feel uncomfortable with or do not want to do.
- ✓ Put a number in your phone of someone you trust.
- ✓ Make sure that you learn this number in case your phone dies.
- ✓ Always have awareness of your human rights.
- ✓ Remove yourself from a situation you don't feel comfortable in.
- ✓ You should always know what abuse is.

## What to do if someone hurts you?

- ☺ Make sure to always tell someone when someone has hurt you for example, friends, family, a teacher or a carer.
- ☺ When someone hurts you, you need to realise that **it is not your fault.**
- ☺ You should never keep it a secret.
- ☺ Learn to say

Here are some important people and numbers you need to remember!

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**Director of Safeguarding,**  
**Diocese of Cork and Ross**  
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**Garda**  
**National Protective Services Bureau,**  
Harcourt Square,  
Dublin 2.  
Tel: 01-666 3423.

**TUSLA**  
**North Lee Community Services,**  
Blackpool, Cork  
Tel: 021-492-7000  
**South Lee Community Services,**  
St. Finbarr's Hospital Cork  
Tel: 021-432 3001  
**West Cork Community Services,**  
Skibbereen,  
Tel: 028-40447/40456



## Safeguarding Young People

Designed and Compiled  
by Young People

Diocese of Cork and Ross

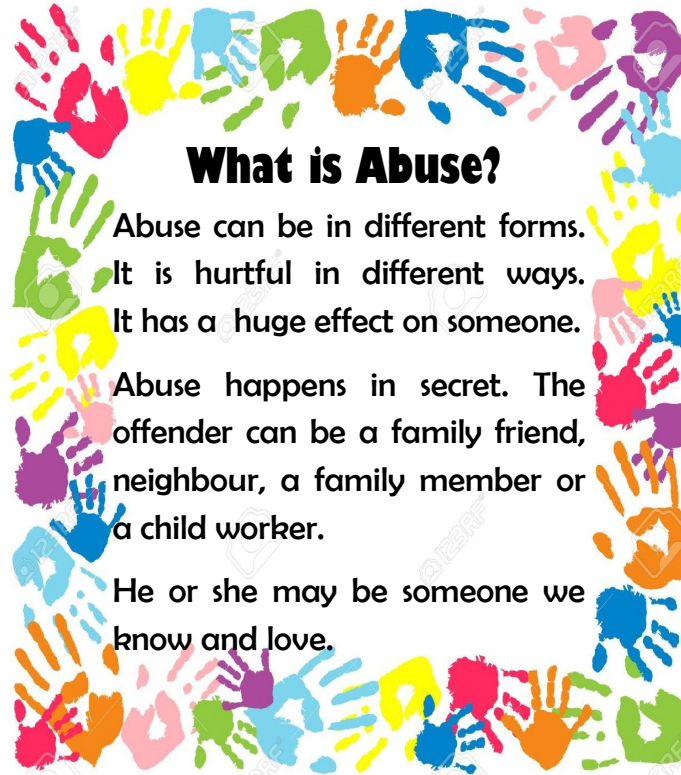
# What is a safeguarding policy?

The aims and objectives of a safeguarding policy is to help keep you safe and free from harm.

It is to ensure that all people working with young people have certified child protection training.

It is to ensure that all young people are growing up in a friendly and safe environment.

Did you know that almost **2,000 children** in Northern Ireland are identified as needing protection from abuse each year



## What is Abuse?

Abuse can be in different forms.  
It is hurtful in different ways.  
It has a huge effect on someone.

Abuse happens in secret. The offender can be a family friend, neighbour, a family member or a child worker.

He or she may be someone we know and love.

## Some of the facts:

- ☺ 82.2% of child abuse offenders are found to be between the ages of 18-44.
- ☺ 90% of child sexual abuse victims know the offender in some way. 68% are abused by a family member.
- ☺ 1 out of 3 girls and 1 out of 5 boys will be sexually abused before they reach age 18.



Source:  
<https://www.dosomething.org/facts/11-facts-about-child-abuse>

# Types of Abuse...

## Physical

Shaking, beating, burning, failure to provide the necessities of life. It can include: hitting and smacking, punching and kicking.

## Emotional

This is when someone regularly behaves nastily to you. It could be someone you care about, or someone you often have to spend time with eg. when someone puts you down or says you aren't good enough.

## Verbal

Abuse characterised by constant verbal harassment and belittlement of young people. e.g. excessive yelling, verbal attacking and teasing.

## Sexual

Abuse that results in any act of a sexual nature with a young person, e.g. someone touching you inappropriately, or making you take part in a sexual act.

