

**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.



**NEWBRIDGE SCHOOL**

**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**

**Get Safe**

Connecting Services to Keep People Safe

## **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!**

**TELL SOMEONE**

[www.tell-someone.org](http://www.tell-someone.org)



A black and white photograph of a person's hand with the word 'STOP' written on the palm. The hand is raised, and the fingers are spread. The background is dark and out of focus.

Trust yourself to know when something is wrong. If someone makes you feel unsafe, pressured or frightened, follow your instincts and seek help.

Don't trust people you don't know, even if they seem friendly – and make sure you know who you are talking to online. Never give away personal details or agree to meet someone who you have only talked to online.

Don't be tricked into doing things that are unsafe, even if they seem like fun. What might look exciting at first could be more dangerous than you realise.

## 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?