

SBH Scotland. There for the journey.

# Child Protection Information for Children and Young People



It's everyone's  
job to make sure  
I'm alright

At Spina Bifida Hydrocephalus Scotland (SBH Scotland) we believe that it's everyone's responsibility to make sure that you're alright.

As a child or young person it's your right to be protected, to be safe from harm from others and to grow up in a caring and safe environment. **This leaflet gives you information about who you can contact if you are worried about yourself or another young person.**

All adults have a responsibility to protect children and young people including:

- Your parents and carers
- Family members
- Friends
- Neighbours
- Professionals such as teachers, doctors, nurses, social workers
- Members of the public



## What is abuse?

Abuse can mean a lot of things but the important thing to remember is that no-one has the right to hurt you or make you do anything that feels wrong.

You or someone you know might be worried, frightened or scared and not know what to do. To give you an idea, some things we class as abuse are:

- When someone puts you down, shouts at you or makes you feel bad for instance calling you names, ignoring, bullying, cyberbullying or teasing you
- When you don't get important things you need at home such as being fed properly or looked after
- If someone hurts you on purpose like if they hit, kick, burn, shake, cut, throw or punch you
- If you're frightened because you've been left alone without an adult to look after you
- If you are made to take part in a sexual activity or watch something sexual
- If someone uses sexual or abusive language towards you





## What should I do?

If you or someone you know is being abused then the most important thing to do is tell someone you know and trust. There are lots of people and services who want to help you.

You could get in touch with:

- Childline on 0800 1111
- A staff member at Spina Bifida Hydrocephalus Scotland (SBH Scotland)
- A teacher or school nurse
- A parent, carer or relative
- A close friend
- A social worker or the police

If the person you speak to doesn't take you seriously then speak to someone else.

You may find telling someone difficult or embarrassing but it's important that you speak out. Whatever your worries are you don't have to keep them to yourself. You might feel that there's no way out of your problems when you are unhappy or scared but if you speak out about abuse there are people who care. They will listen to you and help you or the person you are worried about to feel safe and protected.



## I'm not sure if what's happening to me is abuse

If you have any concerns at all about what's happening to you, or someone you know, please contact Childline on **0800 1111**.



## What happens next?

Different services have different rules about whether they keep what you tell them private. Every service wants to help you and would prefer to act with your agreement. However SBH Scotland, Social Work and the Police can take action to protect you or the person you are worried about without your agreement if they know you or another young person are being abused or in danger.

- The person you speak to may tell a specially trained Social Worker or Police Officer who will then talk to you about what has happened
- If you speak to someone at SBH Scotland they will share this information with SBH Scotland's Safeguarding Co-ordinator. This is someone with lots of experience of child protection and who will help everyone involved make the right decisions to make sure you, or someone you know, is kept safe.
- Once all the information has been gathered then a plan of action will be worked out in order to keep you safe.





## What might happen if I don't talk about my concerns?

If you don't discuss your concerns then nobody will know what is happening to you or the child/young person you are concerned about. This may result in you, or them, not getting the help and support that is needed.

### If you are concerned about any child abuse, you can contact:

- **Childline:** Call **0800 1111** or message online through a 1-2-1 Counsellor chat at [www.childline.org.uk/get-support/1-2-1-counsellor-chat/](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat/) They are available 24 hours a day.
- **Spina Bifida Hydrocephalus Scotland (SBH Scotland):** Call **03455 211 300** and ask to speak to the Safeguarding Co-ordinator.
- **Police:** Call **101** and ask to speak to a Child Protection Officer or in an emergency call **999**.
- **Social Work Department:** To find the relevant contact details type into your computer browser 'Health and Social Care Partnership' followed by your local council name such as 'North Lanarkshire Council'. The details for your department should come up. Alternatively contact SBH Scotland on **03455 211 300** and we will source it for you.



Abuse is never  
your choice and  
never your fault

If you have questions or would like further information, please call the **SBH Scotland Helpline** on **03455 211 300** or email [support@sbhscotland.org.uk](mailto:support@sbhscotland.org.uk)  
For general enquiries call **03455 211 811** or visit [www.sbhscotland.org.uk](http://www.sbhscotland.org.uk)

**Contact us if you require this publication in another format or language.**

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