

Other useful contacts: Northern Ireland

National Society for the Prevention of Cruelty to Children (NSPCC)

Works to prevent abuse and help those affected to recover

Childline: 0800 11 11 – www.childline.org.uk

National Line: 0808 800 5000

Local Line: 028 90 35 1135

Gateway

Social Services for anyone concerned about a child

028 9050 7000 (9.00am–5.00pm)

028 9504 9999 (at all other times)

Lifeline Helpline

For anyone experiencing distress or despair

0808 808 8000

Nexus

Support to people who have been affected by sexual violence

028 9032 6803 (9.00am–5.00pm)

0845 303 0900 (at all other times)

The Samaritans

Help for anyone feeling down or desperate

116 123 (this number is free to call)

(028) 90664422 (local call charges apply)

Young Minds

Committed to improving the mental health of all children and young people

0800 018 2138 – www.youngminds.org.uk



QUEEN'S
UNIVERSITY
BELFAST

CENTRE FOR
CHILDREN'S
RIGHTS








**BEEN HARMED?
NEED HELP?
WHO TO TELL?**



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include
YOUTH

TYPES OF HARM	This happens when	Who to tell – If this happens at		
		Home	School	Outside
<p>NEGLECT</p> <p>is when a child's basic needs are not being met and a parent or carer does not look after them properly.</p> 	<p>A child might not be given enough food and drink or the proper clothing.</p> <p>A child is left on their own for too long.</p>	<p>YOU CAN SPEAK TO</p> <p>Another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; neighbour; sports coach; social worker; nurse; doctor</p>	<p>YOU CAN SPEAK TO</p>	<p>YOU CAN SPEAK TO</p>
<p>PHYSICAL ABUSE</p> <p>is when an adult deliberately hurts a child's body.</p> <p>This may leave marks on their body such as cuts and bruises.</p> 	<p>Someone might hit, punch, kick, bite, or shake a child.</p>	<p>Another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; neighbour; sports coach; social worker; nurse; doctor</p>	<p>A child protection teacher; parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; sports coach; social worker; nurse; doctor</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach; security person; caretaker; the Police (telephone 999)</p>
<p>EMOTIONAL ABUSE</p> <p>is when an adult hurts a child's feelings.</p> <p>This hurts a child on the inside.</p> 	<p>An adult makes fun of a child, calls them names, or makes them feel bad about themselves.</p> <p>Seeing or hearing parents or carers hurting each other can also make a child feel bad.</p> <p>This is called domestic abuse.</p>	<p>Another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; neighbour; sports coach; social worker; nurse; doctor</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; child protection teacher; sports coach; social worker; nurse; doctor</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; child protection teacher; sports coach; security person or caretaker</p>
<p>BULLYING</p> <p>is when children are mean and unkind to each other, not just once but again and again.</p> 	<p>Some children might push another child around, leave them out of games, or send them nasty texts or emails.</p> <p>This can hurt on the inside, or on the outside, and often both.</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach; security person; caretaker</p>
<p>SEXUAL ABUSE</p> <p>is when a child is made to do anything with their body that frightens or worries them. An adult using a child in this way to make money is called sexual exploitation.</p> 	<p>An adult touches, kisses or makes a child show private parts of their body, or makes them do this to another person.</p> <p>Being made to look at rude films or pictures in books, magazines or on the internet is also sexual abuse.</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt, uncle, grandparent.</p> <p>Or a neighbour; teacher; sports coach; security person; caretaker; the Police (telephone 999)</p>