

How can I help to keep myself and other children safe?



If an adult in the church is hurting you or someone you know then you should tell an adult you trust or ring any of the following:

Designated Liaison Person:

Mr. Stephen Plunkett (085) 165 1518

Deputy Designated Liaison Person:

Ms. Anne Walsh (089) 4858845

Tusla, Child & Family Agency:

- Clonmel 052 6177302
- Dungarvan 053 9198134
- Waterford 051 842847

An Garda Síochána:

- Cahir: 052 744 5630
- Clonmel: 052 617 7640
- Dungarvan: 058 48600
- Waterford: 051 305300



Other numbers that you can call for help:



Barnardos

1850 222 300

Childline

1800 666 666

or **Text Talk** 50101



Safeguarding Children

Information for young people

We believe that every child is precious and has a right to be kept safe from harm or abuse.

Every adult in the church has to help keep children safe by following the Diocesan Policy for Safeguarding Children.



DIOCESE OF WATERFORD & LISMORE
SAFEGUARDING POLICIES & PROCEDURES
www.waterfordlismore.ie/safeguarding-children



What does the Policy say?

The policy says that adults should:

- Treat children with respect at all times
- Never shout at children.
- Never hurt children.
- Always keep children safe from adults who could hurt or abuse them.
- Make sure children treat each other with respect.



What is Abuse?

Abuse can be...

- **Physical:** hitting, kicking, shaking or hurting a child physically
- **Emotional:** making a child feel unloved, stupid or scared
- **Sexual:** making a child take part in sexual acts
- **Neglect:** depriving a child of food, warmth or education
- **Bullying**



What should I do if someone hurts me?

If someone hurts you or makes you feel uncomfortable or upset you should always...



- Tell them to stop: Say No!
- Get away from them
- Tell an adult you trust



It is never your fault if someone hurts you and you should never keep secrets about it!