

Staying Safe

Keeping you safe is our priority!



Staying Safe

Keeping you safe is our priority!

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opportunity

inclusion

achievement

Staying Safe

from.....

maltreatment,
neglect,
violence and
sexual
exploitation

Accidental
injury and
death

Bullying and
discrimination

Crime and
anti social
behavior in
and out of
school

You have
security,
stability and
be cared for

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Common concerns or problems.



Abuse and safety

Sexual abuse
Physical abuse
Neglect

[View more topics](#)



Home and families

Family relationships
Living in care
Divorce and separation

[View more topics](#)



Sexual identity

Sexual orientation
Transgender identity



Life issues

Your future
How you look
Depression and feeling sad

[View more topics](#)



School and college

Exam results
School
Homework

[View more topics](#)



Damaging yourself

Self harm
Eating problems
Suicide

[View more topics](#)



Online and mobile safety

Mobile phone safety
Social networking
Cover your tracks

[View more topics](#)



Friends

Friendships
Advice about helping a friend
Peer pressure



Bullying

Bullying
Cyber bullying
Bullying outside of school



Sex and relationships

Sex
Relationships
Pregnancy

[View more topics](#)



Crime and the law

Court
Crime
Gangs

[View more topics](#)



Racism

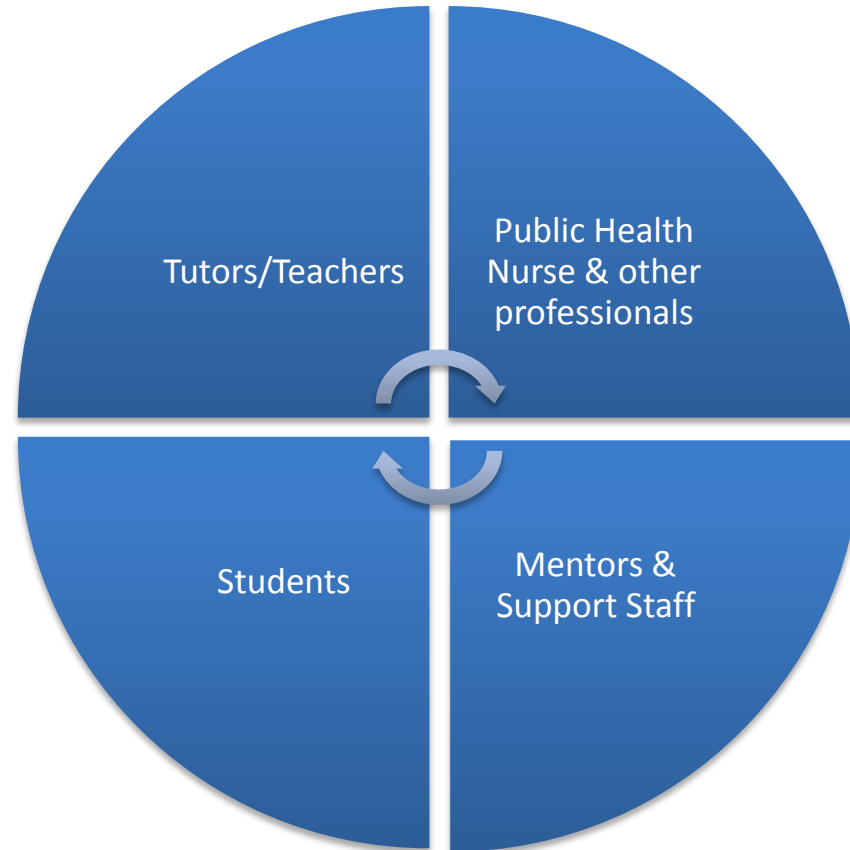
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Staying Safe ... in school



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If you are worried or need help

- **Tell someone straight away**
- **If you are in school talk to a member of staff you feel comfortable with**
- **If you are not in school call one of the other services available**



Tel: 0191 643 7979
Tel: 0300 123 0812 (Out of Hours)
Fax: 0191 643 2409
first.call@northtyneside.gov.uk



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Get support on the message boards



'Everyone helps each other out and is going through the same things as me – it's a really welcoming place'

Ask Sam



Having a bad day? Write a message to Sam or look at what other people have asked. Find out more about Ask Sam.

Need to talk? Call ChildLine



**Calls are free and
confidential**

- Find out more about contacting ChildLine
- Get support on the message boards
- Ask Sam a question or read other letters

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Sexual
health

Building
confidence

ChildLine
1-2-1 chat

ChildLine 1-2-1 chat

Have you tried a 1-2-1 online chat with a ChildLine counsellor? Signing up is easy and you can chat directly with a counsellor any time you need to. [Find out more about what happens when you have a 1-2-1 online chat with ChildLine](#)

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You won't be judged

Our friendly counsellors understand the sorts of problems you might be worried about and are trained to help.

They won't judge you or put you down and they are not easily shocked. Instead, they will listen and help talk you through your options.

Whatever you'd like to talk about is important to us. You are not alone.

We know it takes a lot of courage to contact us; you might be worried about [what will happen](#), [who will find out](#) and [what you would say](#)?



Cover your tracks



Find out how to keep your visits private.

In what ways can I contact ChildLine?

There are several different ways you can [receive support through ChildLine](#), which you can read more about below and see what other young people have said about them.

To have a 1-2-1 chat with a counsellor, to send an email to ChildLine or to post on the message boards, you will need to [sign up to the ChildLine website](#).

Whatever your worry, it's better out than in

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Remember...

If you are worried or need help ...

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Useful Contacts:

- *Childline*
- www.ChildLine.org.uk
- 0800 11 11
- CRUSE Bereavement Care
- *crusebereavementcare.org.uk*
- *01325 355554*
- NSPCC
- *www.NSPCC.org.uk*
- 0800 800 5000
- *The Child Bereavement Trust*
- *www.childbereavement.org.uk*
- *01494 446648*