

# **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

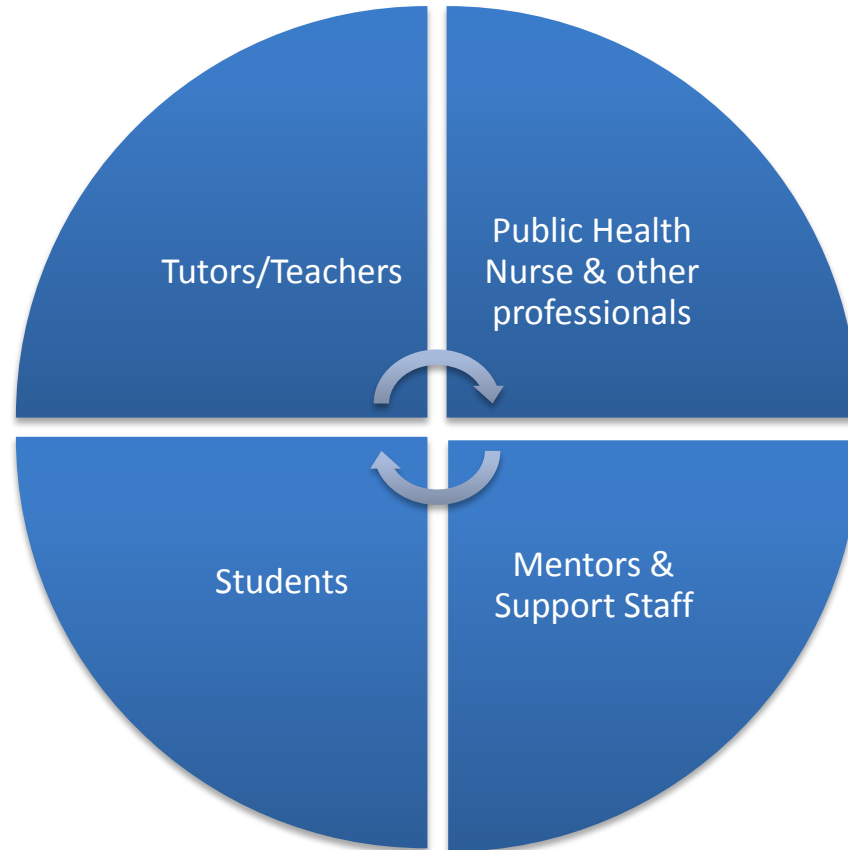
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# Staying Safe ... in school



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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](mailto: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...

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# Useful Contacts:

- *Childline*
- [www.ChildLine.org.uk](http://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*