



<p><b>If you don't feel safe...</b></p> <p>You have a right to feel safe and to be protected from harm and abuse.</p>  <p><small>3303 ICPC Young Person 2016 Corporate Communications</small></p>	<p><b>...and don't know what to do</b></p> <p>If you are worried or need help please talk to an adult you trust, such as your mum, dad, another relative, or family friend.</p> <p>If the person you speak to does not listen to you, or does not take you seriously or is not able to help you, then TALK TO US.</p>	<p><b>Talk to us...</b></p> <p>Speak to:</p> <ul style="list-style-type: none"> <li>• your teacher</li> <li>• a social worker</li> <li>• your doctor or school nurse</li> <li>• a police officer</li> </ul> <p>In an emergency if you or another young person need help please contact the police or social work right away and tell whoever answers the phone that you need help now.</p>	<p><b>We can help you.</b></p> <p>Inverclyde Social Work Services <b>01475 715365</b></p> <p>Glasgow &amp; Partners Emergency Social Work Services (outwith office hours) <b>0300 343 1505</b></p> <p>In an emergency contact <b>Police Scotland 101</b></p> <p>Childline Scotland <b>0800 11 11</b></p> 
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**Sharing Responsibility-Protecting Children** If you do not feel safe SPEAK TO SOMEONE who can help you.