

We deserve.....



“We know kids have rights”



“We have a right to live in a safe home”



“We have the right to be protected from violence, abuse and neglect by our parents/carers”

Does this happen in your house?



- ⇒ **Bad arguments/fights**
- ⇒ **Your parent/carer gets pushed, hit or hurt**
- ⇒ **The house gets smashed up**
- ⇒ **You or your parent/carer get sworn at**
- ⇒ **You, your brothers or sisters get hurt**

Does it make you feel?

freaked out numb lonely tired
scared angry confused
left out afraid sad mixed up...



**THIS IS
DOMESTIC ABUSE**

Sometimes we all feel...



Don't keep it in!

Keeping Safe

- ⇒ **Don't get stuck in the middle of an argument**
- ⇒ **Find a safe place at home or nearby, and make sure your brothers and sisters are safe too**
- ⇒ **Go to a neighbour or another adult you trust, and tell them what is happening**
- ⇒ **In an emergency call the police free on 999 for help**

It's not your fault



**Talk to a friend,
trusted adult, relation
or we can help you:**



Women's Aid
01475 888505
Children 1st
0131 446 2300
Childline
0800 11 11

Who can help?

- ⇒ Inverclyde Women's Aid Outreach **01475 888505**
- ⇒ Children 1st **0131 446 2300**
- ⇒ Child Protection NSPCC Helpline **0808 800 5000**
- ⇒ Police Scotland **101**
- ⇒ Childline **0800 11 11**
- ⇒ Domestic Abuse Helpline **0800 027 1234**
- ⇒ Domestic Abuse for Young People **www.thehideout.org.uk**
- ⇒ Inverclyde Social Work Services **01475 715365**
- ⇒ Glasgow & Partners Emergency Social Work Services (outwith office hours) **0300 343 1505**

