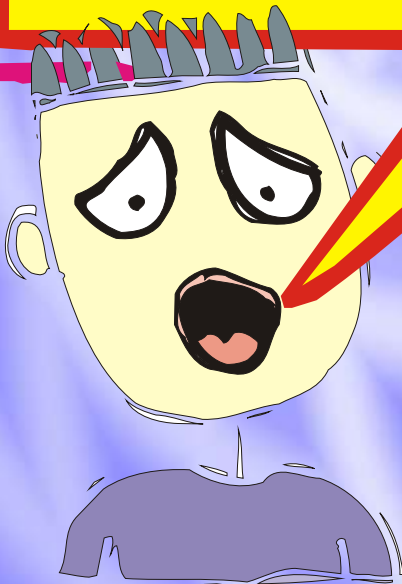


h e l p

*.. something
bad happened
to me!*





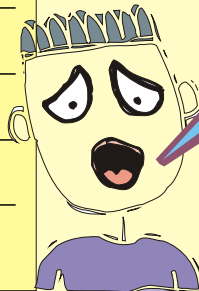
.. something bad happened to me!

There are people who do wrong things to children. It might be touching you in the private places on your body or hurting you. They may have shown you rude pictures, videos or DVDs or might be saying very rude or horrible things that frighten you. Grown-ups call this abuse. Children need to be kept safe from these harmful things, even if the person doing them is someone you care about or are friends with.

If something like this has happened to you, start by finding a safe grown-up to talk to. You might feel shy or scared. You might be worried about telling, but it's OK to tell!

Who do you know that you could speak to?


Could you talk to one of your parents or a teacher? Is there someone at your club or church who will listen to you? Write down in the space below the names of safe grown-ups you feel you could talk to about something that was worrying you:



What happens if I tell?

If the first person doesn't listen to you, tell another grown-up who will. When you've done this, the person you have spoken to will want to make sure you are safe and they may need to speak to a social worker or police officer. Don't worry about that. You've done nothing wrong. These people are on your side and just want to hear what's happened so they can help. They will listen to you and tell you if anything else needs to be done.

If you can't think of any safe grown-ups, there is a free phone number over the page that you can ring or you can call us on our low-cost number at CCPAS. This phone number is also over the page. The person who answers is there to listen to you in private and will offer to help you.



Don't worry,
you've done
the right thing

How do I feel?

You might feel quite wobbly inside. You may want to cry or you might be very angry. Perhaps you are a bit mixed up because some of what happened to you felt nice. You may be worried about your family and feel bad because the person who hurt you could get into trouble. If you have those feelings, it's OK. Lots of children have felt just like you too! The person you talk to knows that children can be worried and scared about these things, but they are there to help you sort out all the mixed up feelings. You are not to blame and have done the right thing in telling.



People will help you with any mixed up feelings

Does God know what happened?



God promises to be with us

God knows all about you. He loves you very much and is very sad and angry when children get hurt. You can talk to God about how you feel. There may be someone at your church or in your family that you would be happy to pray with, but only do this if it is what you want. God promises to be with us always and help us with everything that happens to us. Do remember, even though you can talk to God about what has happened, it is still important to tell a grown-up as well.



'Childline' is a free
24 hour telephone
helpline for children
and young people.
The number is:
0800 1111



The CCPAS
lo-cost
helpline
number is:
0845 120 4550

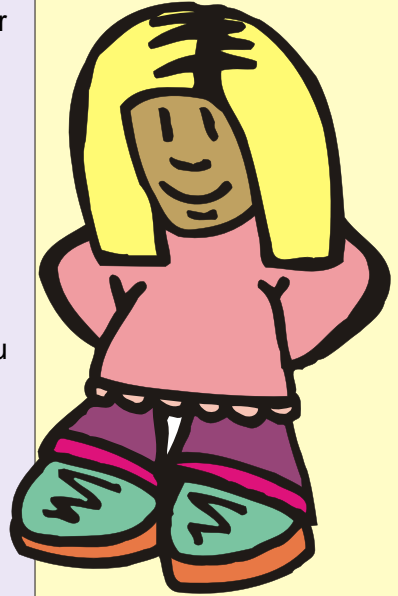
A note for parents and carers

Every week, parents and carers contact our helpline following disclosure that their child has been abused. This booklet is one of a series that has been prepared by experienced members of the CCPAS team with contributions from a parent and child who have been faced with this situation. If your child has been abused, we hope this booklet will be helpful. There is another booklet available in the series specifically for parents/carers, which may also help you through some of the issues you and your child are facing.

We recognise this is a difficult situation for any parent/carer to deal with but trying to force answers out of your child, however desperate you may feel, will not help in the long term. If you can convey to your child you are readily available if/when *they* want to talk, and be willing to go at their pace, this will go a long way in helping them come to terms with what has happened and be of great benefit in the recovery process.

As well as the CCPAS leaflets, organisations such as Kidscape (see opposite) have very helpful books and information available for children, parents and carers faced with dealing with abuse.

You can also call the CCPAS helpline on 0845 120 4550. There will be an experienced member of staff available with whom you can discuss any of these issues.



Churches' Child Protection Advisory Service
Provides training and advice on all areas of child protection and good working practice to churches, organisations and individuals across the UK as well as a 24 hour helpline service for young people and all affected by abuse.

Tel: 0845 120 45 50

Address: PO Box 133, Swanley, Kent, BR8 7UQ

Email: info@ccpas.co.uk

Web: www.ccpas.co.uk

Childline
24 hour helpline for children
and young people

Tel: 0800 1111

NSPCC

Helpline: 0808 800 5000

Information & ordering
publications tel: 0207 825 2775

Web: www.nspcc.org.uk

Kidscape National charity
publishing booklets and
information on self-protection
skills for children and how to
keep children safe.

Helpline: 0845 120 5204

Tel: 0207 730 3300

Address: 2 Grosvenor Gdns,
London, SW1 0DH

Web: www.kidscape.org.uk

Stop it now! A national campaign that aims to prevent child abuse by encouraging offenders to seek help. It also provides adults with information to help protect children.

Helpline: 0808 1000 900

Web: www.stopitnow.org.uk

CHURCHES'

Child Protection
ADVISORY SERVICE

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PO Box 133, Swanley, Kent, BR8 7UQ

Tel: 0845 120 45 50

Fax: 0845 120 45 52

Email: info@ccpas.co.uk

Web: www.ccpas.co.uk

Churches' Child Protection Advisory Service is the working name of PCCA
Christian Child Care. Charity No: 1004490 Company No: 2646487