

We want to keep you safe

At Leicester Cathedral, we know that your safety and well being is important. We respect you and want to keep you safe. We have put together some information to help you if you are feeling worried, scared or if something just doesn't feel right.

This might be:

Someone upsetting you and saying unkind things	If someone has touched you and it made you feel uncomfortable	Someone is hitting or hurting you
You see something online or via social media that upsets you	Someone sending you messages that upset you, by phone or online	You have worrying thoughts or feelings & a sense of wanting to harm yourself or others
You do not feel loved or supported	Somebody might be threatening you	Somebody is trying to tell you to do something that doesn't feel right

If you have concerns

If you are in immediate danger **call 999** and talk to the police.

If you are not in immediate danger but you would like to **talk** about your concerns, there are different people you can turn to: this might be a trusted adult such as a teacher, parent, relative, or church member.

If you would rather speak to another trusted adult who is trained to help children then you can contact:

Childline is a free, confidential 24-hour helpline for children and young people up to the age of 19. Call **0800 1111**. They also offer 1-to-1 online chats and email support through their website: **www.childline.org.uk**

Shout is a free 24-hour text service specialising in mental health support. Text **SHOUT** to **85258**.

What else can you do?



Always say **NO!** if something doesn't feel right.

Report your worries to a trusted adult or phone one of the numbers on the back.

To stay safe online:

- Think before you share – photos, videos and comments can stay online for a long time
- Keep your private details private – don't give out full names, addresses or phone numbers
- Know who you are talking to – keep any eye out for fake profiles and scams
- Avoid harmful content like fake information or upsetting images – make sure you stick to age related content.

If you have a worry about **somebody else** please tell a trusted adult.

Remember, no one should force you into doing something that makes you feel uncomfortable. Trust your instincts and if it feels wrong, it probably is wrong.



Telling Someone

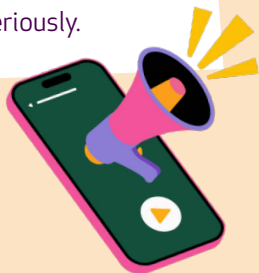
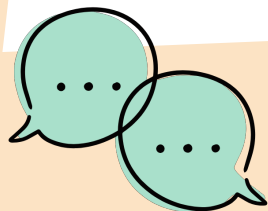
Is there an emergency?
Is there an immediate danger?

YES

Call the
Police on 999,
and talk to a
trusted adult

THEN

They will explain how they can help you –
you will be listened to
and will be taken seriously.



NO

Contact a trusted adult,
e.g. Cathedral Clergy,
Choir Chaperone, or
one of the Safeguarding
Co-ordinators

THEN

Speak to Someone

Duty Clergy
07399 523 330

Duty Verger
07947 896 464

Canon Pastor
0116 261 5333

Diocesan Safeguarding Officer
07930 819 279

Assistant Dio. Safeguarding Officer
07930 887 984

Diocesan Out of Hours Cover
03030 031 111

You can
contact the
Safeguarding
Coordinators
through any
of these
numbers

Childline

0800 1111 / www.childline.org.uk



0116 261 5389
Cathedral@LeicesterCofE.org
www.leicestercathedral.org



Safeguarding

a pocket guide
for children
and young
people

Keeping
safe and
what to do

