



*Is something worrying you?
 Are you keeping it to yourself?
 Need someone to turn to?*

It is at your local club there should be a Child Welfare Officer who's name and telephone number should be on display where your training or on the website. If you cannot find one or your concern relates to a Modern Pentathlon Event contact Pentathlon GB's Safeguarding and Child Protection Lead Officer – Dr. Richard Cox on 01928 733283 or 07985854393

In cases of emergency contact **Childline Tel 0800 1111**

A YOUNG PERSON'S GUIDE TO CHILD PROTECTION

When do you know something is wrong?

If someone constantly teases you, shouts at you or calls you names
 Threatens, hits, kicks or punches you
 Touches you, or does anything in a way that makes you feel uncomfortable

Makes suggestive remarks or tries to pressurize you into sexual activity
 Damages or steals your belongings
 Does that makes you feel lonely, worried, unsafe, hurt or embarrassed

If someone is constantly bullying or harassing you:
 Be firm and tell the person to stop- Make a lot of noise to attract attention
 Get away from the situation quickly, go to a public place to find help or call the Police
 Tell your parents/carers or an adult you can trust what has happened as soon as possible

Makes suggestive remarks or tries to pressurize you into sexual activity
 Keep a record of the date, time and place, what happened, how you felt and the name of anyone who might have seen what happened.
 Use the 24hour freephone helplines above

If any of the above happens to you, do not wait for it to happen again, act immediately

Don't ignore what is happening – always tell someone you trust. Police and Social Services have

staff who are specially trained to support young people who have been bullied or abused. Don't give up until someone helps you and you feel safe.

To Keep Safe

Tell someone you can trust so they can help you
Trust your instincts about the people you meet
Avoid being alone or with just one other person

Travel with a friend, avoid travelling in someone else's car by yourself
Avoid going to other people's homes by yourself
Carry a mobile phone, a phonecard or some spare change