

Help for young people who feel unsafe



Clackmannanshire
& Stirling
Child Protection
Committee



For many of you being at home is the safest place to be during this coronavirus outbreak but we know this might not be the case for everyone.

If you feel worried, upset or unsafe, either for yourself or someone else during school closures, the following people and organisations can help:

If possible speak to an Adult you know and trust who can listen and take action to help.


School staff are still available for you to talk to, either online or on the phone; they will have let you know how to get in touch.

Childline You can contact them about anything and whatever your worry they are there to support you and help you find ways to cope. There are lots of different ways to get in touch with them. You can also get help from other young people through their site. www.childline.org.uk or call 0800

<https://cool2talk.org> provide a safe space where young people can get their questions answered accurately and without judgement. They respond to all questions within 24 hours.

Social work are there to help and support children and young people who are at risk of harm or don't feel safe at home. You can call them during office hours on Clacks 01259 225000, Stirling 01786 471177 or evenings and weekends on 01786 470500 and the Police on 101 or 999.

With schools being closed, you will be spending more time online and it is more important than ever that you are protected from cyberbullying and online grooming.



www.net-aware.org.uk or
www.thinkuknow.co.uk help
you report abuse and have lots
of information on how to
minimise these potential risks
from others online. The
school's digital teams also
have a link to this on their
[virtual learning page](#)

If you don't have a phone or internet access at any point during the school closure try and let your school know as soon as possible. They will ensure you have the ability to stay in contact with school staff and receive information.