



# Children and Young People Have a Right to Feel Safe



You have a right to be safe and protected from harm. You should feel safe at home, at school, in your community and when you are attending any service, including a HSE service.

You might feel unsafe or uncomfortable with how someone is treating you, touching you or talking to you. It is **never** your fault if someone is hurting you.

**There is always someone who can help you.**

## What can I do if I don't feel safe?

If someone is hurting you or you are worried that someone is hurting your friend or family, tell someone who works here.

We are here to listen and help!

### You can also...



Tell an adult you trust, like a family member or a teacher.

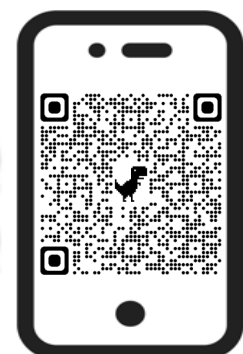
(or)

Tell a Social Worker in **TÚSLA**. You can call them on: \_\_\_\_\_

(or)



In an emergency you can call the Gardaí on 999 or 112.



QR CODE SCANNING