In the know

Keeping safe and strong

Bullying can be stopped

Hands off! It's my body!

Calling for help

ChildLine – here for you whenever you need to talk

ChildLine: 0800 1111
Welcome to *In the know*, which has been written just for you by the NSPCC

Being young should mean sharing lots of fun and good times with the people who love and care for you. Most children in the country get to do this, but there are some who feel very sad and hurt. This is usually because bad things are happening to them.

We spoke to children from all over the UK about what sort of information they wanted to help stop these bad things from happening. They told us: “something packed full of info about how to keep safe and strong”, and “advice on what to do if (they or their friends) were feeling hurt and sad” would be just the thing.

Right on!

Although you may sometimes feel you have very little power, you actually have lots. This is because you have rights! Rights are like rules that help to look after you and keep you safe.

**Did you know?**

- All children up to the age of 18 in the UK have these important rights.
- Most countries in the world also belong to the United Nations (UN), which believes in these rights too.
- The UN says that everyone should look after children and their rights.

*It’s the law*

Laws may sound really boring, but they can really help you. They look after your rights. They say that something has to be done to help you and make you safe.

- In England and Wales, the law that helps you is called the Children Act.
- In Scotland, this law is called the Protection of Children Act.
- In Northern Ireland, the law that protects children is called The Children Order.

Who looks after your rights?

There are lots of people who can help you or anyone you know who is being hurt or treated badly. The law says that the police and social workers must listen and help you. Teachers and doctors also help to look after the rights of children. If you go to a youth club, there is usually someone in charge called a youth worker. Youth workers help young people too.
Good? Bad?

The way we all get along with someone is called a relationship. Some relationships make us feel good and happy. Others make us feel bad and unhappy.

Relationships that make us feel good, cared for, and that look after our rights are called healthy relationships.

Stop! I have a question!

What’s child abuse? Child abuse happens when an adult and a child have an unhealthy relationship. This means the adult doesn’t look after the child’s rights. Adults who abuse children may kick, beat or punch them. They may say unkind things or touch the child in a way that makes them feel sad and frightened. You can read more about it in the next few pages.

It’s a fact!

Some children are abused by strangers, but more are abused by people they know.

Right? Wrong?

Do you know what makes a relationship healthy or unhealthy? Check out the quiz and circle the correct answer below. Look at the previous pages if you need any help with the quiz.

1. Since your mum lost her job you have had to look after your little brother and sister on your own every night while she goes to the pub.
   - Healthy
   - Unhealthy
   - Don’t know

2. When your dad comes home from work, you love to give him a hug and talk about your day. He tells you about his too.
   - Healthy
   - Unhealthy
   - Don’t know

3. Your friend’s parents sometimes hit each other.
   - Healthy
   - Unhealthy
   - Don’t know

4. Your friend Jason says that if you really liked him you would give him your school lunch money.
   - Healthy
   - Unhealthy
   - Don’t know

5. Your teacher starts holding a circle time at school – it’s a quiet time when people can share their feelings if they want to.
   - Healthy
   - Unhealthy
   - Don’t know

6. Your older cousin wants you to kiss him and hug him in a way you don’t like.
   - Healthy
   - Unhealthy
   - Don’t know

7. Your friends make fun of a child in your class who wears a hearing aid.
   - Healthy
   - Unhealthy
   - Don’t know

How did you score?

Check out the answers on page 7.
Trudy’s story
My mum used to hit and shout at me...
I spent my school dinner money in the shop on sweets for me and my friends. When I got home, someone had told my mum and she hit my head on the door. She was shouting and swearing and saying I had ruined her life and was useless. She slapped my face and arms. My nose was bleeding and it felt like she wanted to kill me. It was not the first time that it happened, but this time I was really scared and managed to get to my room. Later she told me she was sorry. She called the NSPCC to tell them what she had done. They checked that I was OK and listened to me. They set up for me and Mum to go and see them every week. We talk about how we feel and it’s a lot better now... She hasn’t hit me again and does not say nasty things to me any more.
Trudy, 10

Trudy was physically and emotionally abused by her mother

Physical abuse means that someone’s body gets hurt by someone else. Kicking, hitting, beating, punching, pinching and biting are different sorts of physical abuse. Sometimes children are hurt so badly that they need to go to hospital.

Emotional abuse means that someone’s feelings got hurt by someone else. Calling children horrible names, swearing at them and saying mean things to them are different types of emotional abuse.

Sometimes abuse is so hard to talk about, it hurts.

Adults aren’t the only ones who abuse young people. Children who are bullies hit, punch and hurt others by saying mean things to them. Some children touch each other in a sexual way, which is also wrong. It is important for children to respect each other.

Take the test: the answers
1. Unhealthy Poor mum has had a rough time recently but it sounds like she is giving you too much responsibility for your age. You could try talking to her, a relative or perhaps a teacher you trust about the problem. (1 point)
2. Healthy It’s good to share things with your mum, dad and carers and have cuddles that make you feel happy. (1 point)
3. Unhealthy Hitting is not a sign of a healthy relationship. Your friend needs to talk to an adult he can trust about what is going on. (1 point)
4. Unhealthy A true friend should not ask you to do something like this. Talk to your teacher about it. (1 point)
5. Healthy Lots of schools do circle times – they are a good way of learning to listen and help each other. Your teacher might be someone you feel you could trust with a problem outside of circle time too. (1 point)
6. Unhealthy Even though you may really love your cousin, this type of touching isn’t healthy. Talk to an adult you trust about this. Read page 14 to find out more. (1 point)
7. Unhealthy It is wrong to make fun of people because they have a disability or are different in some way. People in healthy relationships show respect for each other. (1 point)
Amrit’s story

My family had to leave our country because we thought my father was going to be killed. At first I was glad to be in England, but then children at my school started picking on me – even someone I thought was my friend joined in the teasing.

No one played with me at break. They just kept saying horrible things about my colour and shouting at me, telling me to go back to my own country. They would throw my packed lunch in the bin and laugh.

I told my brother and he gave me the idea to call ChildLine. The counsellor said she could see how upsetting it was and asked whether I had tried to talk to a teacher or my parents about it. I just couldn’t. I thought they would say it was my fault and I should try harder to fit in with the others.

I didn’t want to get the bullies into trouble in case they bullied me more. The counsellor asked me if there were any older children I could talk to. I thought of a nice girl in my road who might help.

The next day I told her everything. She let me play with her and her friends at break. When one of the bullies said something to me, one of the nice girls asked them how they would like to be picked on and asked if she had any idea of what my family had been through before coming to Britain. She told them what had happened to us and the bully felt really guilty.

The next day one of the bullies gave me a present and said she was sorry and that they had only been having a bit of fun. I was able to tell her about my country and how bad the bullying had made me feel.

Amrit, aged 13

Stop! I have a question!

What’s a counsellor?
A counsellor is a specially trained person who helps you talk about your problems. Talking with a counsellor usually makes people feel much better.

Over 100 children call ChildLine about bullying each day

It’s been happening ever since I made friends with Sarah. They say I’m ugly and stupid and to go away... it really hurts.

Katie, I’ve been hearing that Shireen and Lekhand were not very kind to you today. Would you like to tell me about it?

I wish you had told me before. I’m going to speak to them about it and get it stopped. We take bullying very seriously at our school.

I wish you had told me before. I’m going to speak to them about it and get it stopped. We take bullying very seriously at our school.

It’s really horrible. I’m going to tell Miss Roberts about it.

That was really nice. I’m going to tell Miss Roberts about it.

I wish you had told me before. I’m going to speak to them about it and get it stopped. We take bullying very seriously at our school.

No Katie, I’ll try and make sure that doesn’t happen.

I won’t. They’re being mean to me again.

I’m really scared I can’t be alone.

Sorry.

No Katie, I’ll try and make sure that doesn’t happen.

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Sorry.
Lonely? Hungry?

Sophie’s story

My dad didn’t care about me

My dad stopped looking after me when my mum died. He went out to work and down the pub at night and left my six-year-old brother and me alone all the time. I was only 11 and had to go to school, do the shopping, sort out all the food and clean the house.

He once told me I was useless because I couldn’t clean the house like Mum. And he didn’t notice when our clothes and shoes started getting too small. My teacher noticed my dirty clothes and found me crying at school. I was feeling so alone and sad.

My teacher came round to our house and spoke to Dad, which was brilliant because Dad started to say how he needed help. Dad had to go to the doctor because he had depression. My aunt came to visit and spoke to me and to Dad. She asked me what was going on with Dad. I told her how bad things were for us and we went to live with my aunt and uncle. After a few weeks, Dad was feeling better and said how sorry he was that he hadn’t shown how much he loved and cared for us. We went back home and Dad cared for us and played with us like he had before Mum died.

It’s no fun if no one cares.

Stop! a question!

One of my friends at school is not being looked after properly. What should I do?

You could talk to your mum and dad about it and see what they think. They may be able to help. You could also talk to your teacher and say you are worried.

Sophie’s dad was neglecting her. Neglected children may not be looked after or cared for properly by their parents or carers. They may not have enough food to eat or enough clothes to keep them warm. Children who are neglected can become very unhealthy, hurt themselves and feel that no one loves or wants them. They might be left at home alone or be left out on the streets without an adult caring where they are. They might even get bullied by other children at school because of how they are dressed.

I have

Unwanted? Sad?

Your parents or carers could help when friends are in danger or hurting

15 minutes later...

Hello Sammy. This was quick. Your mum must have had your tea ready as soon as you got home.

Hi Mum. It was OK.

Hello Taqwa. Did you have a good day at school?

Hi Mum, it was OK.

I’m fine. You?”

Maybe Sammy can come after dinner and as long as his mum says it’s OK.

She asked me not to. They were saying that he is nasty.

Oh, really. I hope that you told the teachers.

Any time. I want.

Oh, OK. Well, what time do you have to be back home?

Any time?

You can have tea with us and then play on the PC. I’ll pop over and see your mum when Thalha’s dad girls home.

Oh. She didn’t do tea. She never does it. I make my own food.

There’s no point. She’s just drunk all the time. She doesn’t do any shopping and she doesn’t wash my clothes. No one wants to play with me at school and it’s all her fault.

Poor Sammy. I’m really worried about him. I want to talk to his mum, but I don’t know what to say. I’ll call the NSPCC for some advice.

Need to talk? Call Childline 0800 1111

Need to talk? Call Childline 0800 1111
**Scary things**
- Going to the park alone.
- People following me when I’m on my own.
- Older children bullying someone.
- Gangs of kids who don’t like me.
- Teenagers on trains who bully people.
- Crossing the road in my wheelchair.
- Alleys where people can hide and jump out.
- People trying to touch me in a bad way.
- My park where there are fires, needles or glass.
- Subways.
- Getting lost.

**Stop! I have a question!**

Is it true that some grown-ups pretend to be children on internet chatrooms, so they can meet children and have sex with them? Yes, this is called grooming and it’s very important to keep yourself safe from these people online.

These safety tips will help:
- Never give out your home number, your mobile number or your address to anyone online, no matter how nice they seem.
- Never arrange to see anyone you have met online unless your mum, dad or carer is with you.
- Report anyone who makes you feel uncomfortable online to your parents or carers and block their address.

**Block it!**

If you want to stop someone from sending you instant messages or seeing you online, you can block their address. The way to do this will vary depending on the service you are using. Click on the Help menu and check how to block addresses – or get someone to help you.

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**Top safety tips**

- Always know your home phone number and address.
- When you go out, take your phone so your family can call you.
- If you are going out, let your mum, dad or carer know where you’re going and when you’ll be back.
- Make sure your phone is charged, switched on and topped up.
- Set a time to come home and make sure you get home then.
- If a stranger follows you, go to the nearest safest place, like a shop, and ask for help.
- Shout or scream if anyone tries to hurt, grab or touch you in a bad way.
- Don’t walk in places that make you scared on your own – stick with your group.
- If you are on a bus and someone bothers you, tell the driver.

**If you are at a theme park and someone bothers you, tell the person running the ride.**

**If you are lost in a shop, go to the checkout or customer service desk and ask for help.**

**If you are lost in a park, ask an adult to help you, such as a woman with children.**

**If you are lost in the street, go to a shop and ask for help.**

**Never give out personal information when you are online, even if the person sounds nice.**

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**One in every three children gets bullied – no one deserves to be bullied.**

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**Do you have some other ideas? Email Serena at serena@nspcc.org.uk**

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_12 Need to talk? Call Childline 0800 1111_  

_13 Need to talk? Call Childline 0800 1111_
Hands off! It's my body!

Private parts!

These drawings have the body's sexual parts labelled. You may have your own names for these parts, but the names on the drawings are the proper ones.

If a person touches or kisses you in a sexual way or on a part of your body that does not feel OK to you, this is sexual abuse.

This can be touching your body's sexual parts—a boy's penis or a girl's vagina—and the areas around them. People who sexually abuse children may try to get the children to touch them in this way too.

Sexual abuse is also when a person tries to get a child to have sex with them. This means they want to join their sexual parts with a child's. It is also sexual abuse if someone tries to make you look at pictures or films of people having sex. Very often, people who sexually abuse children will tell them to keep it a secret or pretend it's a game.

It is against the law for any kind of sexual activity to take place between two people where either one is under 16. In Northern Ireland, the age of consent is 17.

What's safe? What's not?

Lisa's story

My friend was sexually abused

When I was 10, a school friend of mine told me that her stepdad was abusing her. Although I was too young to understand fully, I knew it was wrong. She had tried to tell her mum what was going on, but she wouldn't listen, which was the most hurtful thing of all. This really worried me so I told my mum about it. At first she didn't know what to do, but she said I should tell my friend to talk to her if she could.

Eventually, I persuaded my friend to talk to her mum about it, and she contacted the police. The stepdad was made to stop doing it and my friend was now safe. She also felt really brave because she knew she had also protected her brother and sister.

My friend is still angry with her mum and doesn't speak to her, but she now has a loving husband and a good job. While she has put the abuse behind her, it will never be forgotten.

Quick quiz

What's going on? Think about each of the situations below. Which one is sexual abuse?

1. Your mum gives you a kiss and cuddle goodnight.
2. You have an itchy vagina. The doctor asks you to take your knickers off so he can see what the problem is.
3. Your uncle promises you a new MP3 player if you take your knickers off and sit on his lap.

Stop! I have a question!

When would children be taken away from their families?

Social workers always try to keep families together and work with them to sort problems out. They talk with children to see what is best for them and what they want to happen.

But if it is not safe for children to stay with anyone in their family, then social services (called social work services in Scotland) will find another family to look after the children until they can sort things out.

Quick quiz answer

Lisa helped her friend deal with the abuse she was suffering by listening to her and encouraging her to talk to an adult about it.

Need to talk? Call Childline 0800 1111
What happens if... I ask for help

Calling ChildLine...

Things to remember:

- ChildLine is free.
- The number 0800 1111 will not show up on your home phone bills.
- Someone answers the ChildLine phone first and then puts you through to a ChildLine counsellor.

Hello, this is ChildLine. My name is Kim. Can I help you?

Hello! I'm a bit worried about my mum and dad.

Mum and Dad were arguing again last night and then my dad got really mad and stormed out of the house. I got really upset - my mum started crying and Dad didn't come back for ages.

Did you tell your mum and dad how it made you feel? We can practice what you want to say.

Hi Steve, but I don't want to leave my mum. Please don't make me.

Hi, I want to know about their arguments frightens me.

One week later...

I can hear that you've still not slept.

I want them to know about their arguments frightens me.

Later...

I'm not feeling good.

Do you want me to call honey?

People you can turn to if you have a problem:

- Mums and dads
- Grandparents
- Teachers
- Uncles and aunts
- Cousins
- Family friends
- Your friends
- Older children
- Youth workers
- Social workers
- Doctors
- Police
- ChildLine
- The NSPCC

What if you tell someone like your teacher about abuse or being bullied, but they won't believe or listen to you?

Try not to give up! Pick someone you trust and keep telling them until they listen. If they don't, try another teacher or the headteacher, or tell your mum, dad or carer when you get home, or someone else who may be able to help.
What would you do?

Try this quiz to find out how you would cope in some difficult situations that could involve child abuse. Choose one of the three options:

1. Your friend Samir says his mum has been hitting him very hard and bruising his legs and arms. What would you do?
   a. Say nothing – it’s not your business.
   b. Ask Samir to talk to your teacher or an adult he trusts.
   c. Go to his mum and tell her to stop at once.

2. A friendly man sits beside you on a nearly empty bus. He asks you lots of questions, including your address. You move away, but he keeps talking and follows you. What would you do?
   a. Answer his questions – it’s good to be polite.
   b. Move from your seat, explain you can’t talk any more and get off at the next stop.
   c. Say you are not allowed to tell anyone your address, but stay and chat. He is probably lonely and needs someone to talk to.

3. Your dad is looking after you while your mum is in hospital. He seems really stressed and never talks to you except to say angry things. You’re worried that he doesn’t love you and that your mum is not going to get better. You cry yourself to sleep every night. What can you do?
   a. Keep it to yourself – you don’t want to make things worse.
   b. Call ChildLine 0800 1111.
   c. Plan to run away.

4. Hanna, a girl in your class, is an asylum seeker. She and her family hope to stay in the UK because they are frightened to live in their own country. Your friends are saying racist things to her. They make fun of her English and tell her to go back home. What do you do?
   a. Join in – she’s not your friend and too many new people are coming to the UK.
   b. Tell your teacher that your friends are saying racist things to Hanna.
   c. Offer to give Hanna some extra English lessons when you are not playing with your friends to help her to fit in.

5. Your eight-year-old cousin tells you his 10-year-old stepbrother keeps trying to show him pictures of naked people in magazines and on the internet, and tells him to keep it a secret. What do you do?
   a. Say that because the stepbrother is older it must be OK to look at those things.
   b. Tell him that he needs to talk to his mum or an adult he can trust about this.
   c. Send an email to the stepbrother telling him to stop.

6. You went out for a few hours without telling your dad where you were going and without your mobile phone. When you get back he tells you that you are grounded for one week. What do you do?
   a. Call ChildLine 0800 1111 – he is not respecting your rights.
   b. Agree that you behaved unsafely and apologise. Shout that he is unfair. Phone your mother and demand she tells your dad off.
   c. Your friends have started calling you “ugly”, forcing you to give them things and pushing you around. You feel terrible. What do you do?
   a. Nothing. You must have done something really wrong to make them behave like this.
   b. Talk to your parents and teachers about what’s going on.
   c. Try to get even by spreading nasty rumours about your friends.

7. You’re on MN when a new member of the group puts up a picture of themselves with no clothes on. What do you do?
   a. Put up a picture of yourself on holiday in a bathing suit – MN is good for sharing photos.
   b. Block their address, send a report to MN and tell an adult.
   c. Forward their picture to lots of people – hopefully this will make the new member stop putting up pics like this in the future.

How did you score?

Mostly a’s

Hmmm. You are not making the right choices. Read through In the know and try the quiz again. Think about the different options and why it might be better to follow those. You can also visit Kids Zone on the NSPCC’s website for more help: www.nspcc.org.uk/kidszone

Mostly b’s

Well done! You have a good understanding of your rights, safety and how to help stamp out abuse.

Mostly c’s

Your heart is often in the right place, but you are very hotheaded and need to think things through more carefully.

Explain the answers

1. Your friend is being physically abused and could be in real danger. Your teacher is an adult who will know how to help. If you go to Samir’s mum yourself, it could make things worse for him.

2. This man should not follow you around the bus or ask you for lots of information. The bus driver needs to know and should make sure that you get to your stop safely without worrying about the man following you. The driver may also call the police.

3. Calling ChildLine should make you feel better. Your dad is probably so worried about your mum that he doesn’t realise the effect his behaviour is having on you. The counsellor at the end of the phone may help you pluck up the courage to talk to your dad or help you find someone else who can talk to him.

4. Hanna needs help and friendship, not racism and bullying. She must feel very scared and unwanted. Telling your teacher or headteacher that you are worried about Hanna should help.

5. This sounds like sexual abuse and is against the law. Sending an email could make the stepbrother angry and make your cousin feel even worse.

6. By going out like this, you didn’t think about your own safety or about your dad’s feelings. He wants to look after you properly and by going out like this you are making him understand the importance of being safe. Talk to your dad about what he wants you to do in future when you go out.

7. Your friends have become bullies and must be stopped. Bullying can make you feel badly about yourself for a long time if it is not dealt with. Telling an adult you trust is an important way to get the bullying to stop. Spreading rumours about the bullies is not the answer – it could make things even worse for you.

8. No one in your chat group should put up pictures of themselves or anyone else naked. It’s dangerous, can lead to abuse and is against the rules of MN. The person needs to be reported and you should block their address.
Calling for help

These are just some of the people who can help you if you are being abused. They will listen to you, help you understand what might happen and get you involved in decisions that might affect you.

ChildLine
For children and young people to call free, 24 hours a day, to talk about anything that is worrying them.
Phone: 0800 1111 (24 hours)
Textphone: 0800 400 222
(Open 9.30am to 9.30pm, Monday to Friday and 9.30am to 8pm at weekends)
Website: www.childline.org.uk

Helpline tip
If you don’t want anyone to know that you have called us, hang up the phone and dial another number. This means that no one pressing the redial button can find out that you have called us.

The police
In an emergency, call the police on 999 or textphone 18000. Try to give them as many details as you can.
Your local police station will also be in the phone book under police. You can ask to speak to the child protection officer.

Social services
You can find them in your phone book under social services (social work services in Scotland). When you call them, ask to speak to someone about a child protection concern. Social services are responsible for keeping children and young people safe. They help families to sort out problems too.

NSPCC Child Protection Helpline
For adults worried about the safety of a child.
Phone: 0808 800 5000 open 24 hours
Email: help@nspcc.org.uk
Textphone: 0800 056 0566 free

NSPCC Asian Child Protection Helpline
(Open 11am to 7pm, Monday to Friday)
Bengali  0800 096 7714 free
Gujarati  0800 096 7715 free
Hindi    0800 096 7716 free
Punjabi  0800 096 7717 free
Urdu     0800 096 7718 free
English-speaking
Asian adviser  0800 096 7719 free

NSPCC Cymru/Wales Child Protection Helpline
Phone open 10am to 6pm, Monday to Friday 0808 100 2524 free

In the know has been produced by the NSPCC to give children advice and information about keeping safe. If you are a parent/carer and in need of advice, please call the NSPCC Child Protection Helpline on 0808 800 5000 or Parentline Plus on 0800 800 2222.

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“I think that it is a wonderful magazine and it would inspire children to read if they are getting bullied.”