

What to do if someone is hurting you...



Some kids get hurt by adults. They might be kicked, hit, punched, constantly put down or shouted at, not fed or looked after properly, touched in a way that makes them feel uncomfortable or see their Mum being hurt.



If you are being hurt tell an adult you trust for example a Teacher, Police Officer, Social Worker, School Nurse, Doctor, member of your family or a friend's parent.

The adult you tell can't keep secrets and must phone the Police or Social Work service.



I can't keep this a secret Jamie, I have to tell other people who can help.

Tell us what happened...

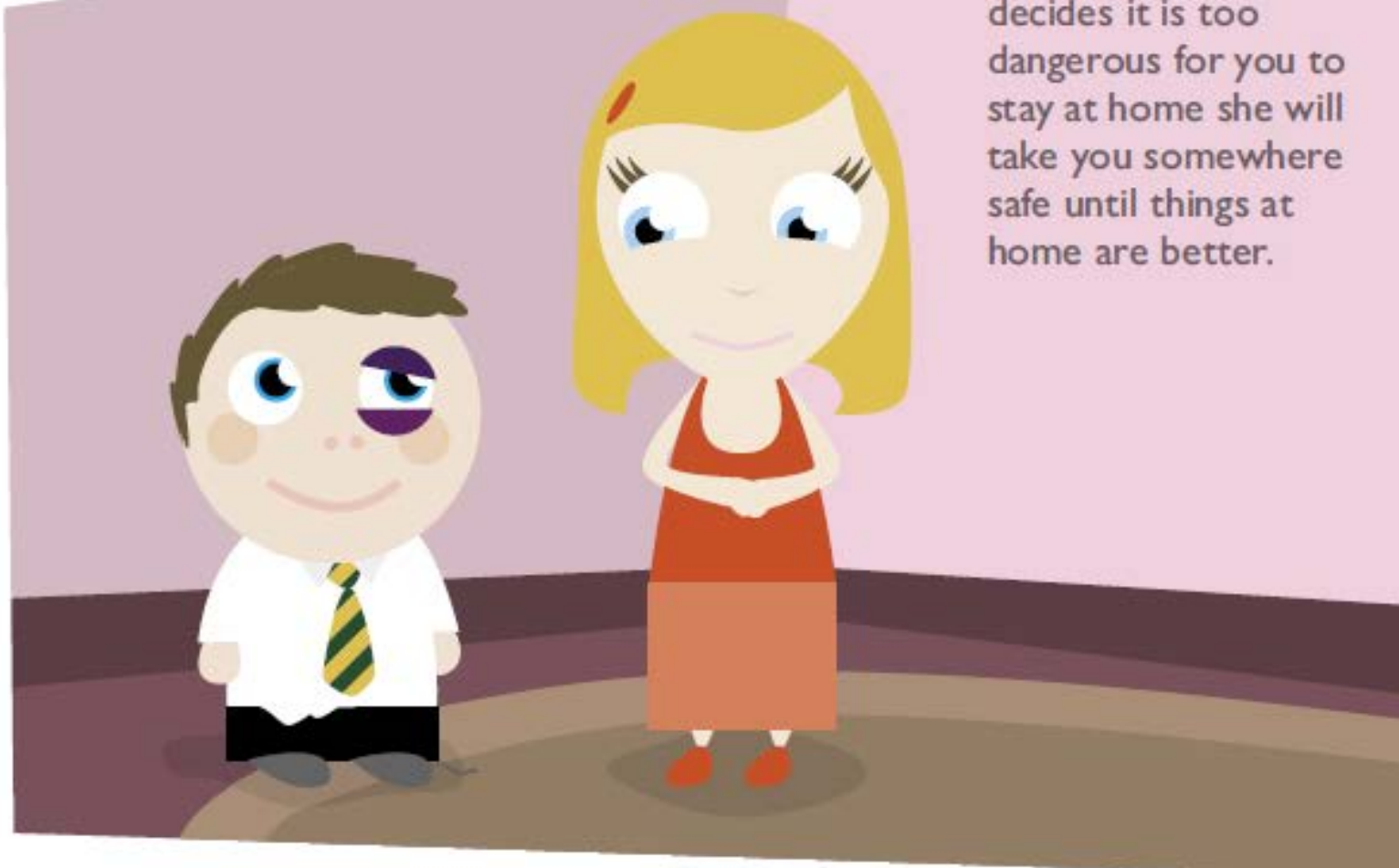


In most case a specially trained social worker and police officer will talk to you and find out what has been happening and whether you need to see a doctor.

If the person who has hurt you lives in your home the social worker will speak to them to make sure you are safe. The police will interview them to see if they have committed a crime.



If the social worker decides it is too dangerous for you to stay at home she will take you somewhere safe until things at home are better.





Everyone involved with you is invited to a meeting called a Case Conference to discuss what has happened and decide what help your family needs to make you safe. They also decide whether your name should be put on the Child Protection Register (CPR).

If your name is on the CPR a social worker will visit you and your family regularly and a “Core Group” (people involved with you and your family) will meet to make sure there are plans to keep you safe. In 6 months there is another Case Conference to see what progress has been made. Other types of meetings like Children’s Hearings or Looked After Reviews (if you have to live away from home) may also happen. Your social worker will explain these to you.



Useful telephone numbers:

Social Work Centres

Bathgate	01506 776700
Broxburn	01506 775666
Livingston	01506 282252
Out of office hours	01506 281028/9

Police	101
Childline	0800 1111