

## Letter from a Young Person...

Dear Adult,

Please be a good Role Model for me.  
I need you to care for me, help me feel valued and never abuse the trust I may put in you. I ask you to keep me safe and if I come to you having been abused either; physically, sexually, verbally or emotionally, please believe me and help me to know it is not my fault.

I don't want to have the mind set that abuse is okay. When I say 'NO' it is because I am hurt or feel uncomfortable so please do not put me in that situation. We all only get one life, please do not allow mine to be ruined.

I am my own person.

I am no-one's property.

I deserve to be treated with respect and dignity.

The main point of my letter is to ask you to respect me, never hurt me, celebrate the good times with me and care for me through the hard times.

Yours sincerely,

Me



Here are some important people and numbers you need to remember!



**Mrs Teresa Burns**  
**Safeguarding Co-ordinator**

Tel: (N.I) 028 8554 8127

Tel: (R.O.I) 048 85548127

**Sr. Kathleen Savage**  
**Deputy Liaison Person**

Tel: (N.I) 07715 273 147

Tel: (R.O.I) 0044 7715273 14

### NORTH

**PSNI** Emergency Tel: 999

Non-Emergency Tel: 101

**HSCT:** Local Gateway Team

### SOUTH

**Garda National Protective Bureau** Harcourt Square  
Dublin 2 Tel: 00353 1 6663423

**Local Garda Station**

**TUSLA** –Child and Family Agency National Office  
Tel: 00353 1 8976888

## KEEPING US SAFE



**A Guideline for ADULTS**  
**designed and compiled by**  
**Young People.**



*Sisters of Mercy*  
Northern Province

## Do...

Help me feel valued.

Treat me with dignity.

Respect me.

Care for me.

Help guide me.

Listen to me.

Believe in me.

Support me.



KEEP  
ME  
SAFE

## Don'ts...

*These make me fade into the  
background.*

Don't abuse the  
power that comes  
when I trust you.

Don't harm me in  
any way.

Don't make me  
feel I'm useless.

Don't hurt me physically.

Don't abuse me sexually.



## How We Can Work Together...

We need to value each other as equals  
and never belittle or demean anyone.

If you make us feel safe we will feel  
comfortable to trust in you and tell you  
when we are not ok.

We understand trust is a two-way street.

We will respect that sometimes you do  
know best but at times we may be  
vulnerable and ask you not to take  
advantage of us.

