

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 mindset 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!



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Safeguarding Manager/DLP

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Garda National Protective Bureau Harcourt Square

Dublin 2 Tel: 00353 (0)1 6663423

Local Garda Station

TUSLA —Child and Family Agency National Office

Tel: 00353 (0)1 8976888

KEEPING US SAFE



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



Do...

Help me feel valued

Treat me 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

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.

