

TRIPLE P – POSITIVE PARENTING PROGRAM®

KEEPING CHILDREN AND YOUNG PEOPLE SAFE:

A Guide for Children



voor iedere ouder

About Triple P Europe

We help parents and carers give children the support they need

It is important that you know that:

- 1 You matter**
- 2 You have rights**
- 3 You deserve respect**
- 4 Adults can help keep you safe.**

This guide explains how we help keep children and young people safe.

It also explains what you can do if you feel scared, hurt, uncomfortable or unsafe.

Why do we care about you

Because you matter.
We care about you.

We want you to:

- Be safe
- Be happy
- Be listened to
- Be treated with kindness and respect
- Get help if something is wrong

If something makes you feel worried,
scared, upset or unsafe,
it is not your fault.

You should tell an adult you trust.

We will listen and do our best to help
keep you safe.

What We Promise to Do

At Triple P Europe, we want children and young people to be safe, happy and supported.

We will:

- 1 Put children's safety first.
- 2 Listen to children and families.
- 3 Treat children with kindness and respect.
- 4 Treat children fairly and with respect.
- 5 Help create places where children feel safe and respected.
- 6 Make sure our staff know how to help keep children safe.
- 7 Speak up if we are worried about a child's safety.
- 8 Behave appropriately and professionally.
- 9 Protect children's privacy and personal information.
- 10 Get permission from parents or guardians when needed.
- 11 Follow all checks, laws and rules that help keep children safe.
- 12 Make sure another trusted adult is present when we are working with or near children.

Remember

Your safety is important to us.

If you feel worried, scared, upset, uncomfortable or unsafe, you can tell us. We will listen to you, take you seriously, and do our best to help keep you safe.

If you want to speak to us

You can contact us by:

1

Telephone

+31687125629

2

Email

kinderbescherming@eu.triplep.net

3

Mail

Koninginneweg 97,
1211 AP Hilversum

We want to help you stay safe and make sure you have the support you need

Sometimes people do things that are not okay and that can make you feel scared, hurt, upset, uncomfortable or unsafe.

What types of things are not OK?

1 Someone hurting your body

This could be someone:

- touching you in a way that is painful
- touching you in a way that makes you feel unsafe.

2 Someone being mean, bullying you or making you feel bad about yourself

This could be someone:

- shouting at you
- calling you names
- sending you upsetting messages
- treating you in a way that makes you feel scared or unloved.

3 Your needs not being looked after

This could be:

- you not having enough food to eat
- you not having clean clothes
- you not having a safe home
- you not seeing a doctor if you are sick
- not having the support you need.

4 Someone behaving in a way that is not okay around the private parts of your body

Your body belongs to you. No one should:

- touch your private parts
- ask to see your private parts
- ask you to touch their private parts
- make you do anything that makes you feel uncomfortable or confused.

If this happens, tell a trusted adult straight away.

5 Something online making you feel unsafe

This might be someone:

- sending you upsetting messages
- asking for information about you including your address, email or phone number
- asking for photos of you
- doing or saying something that makes you feel uncomfortable online.

6 Someone pressuring you to do something that feels wrong

This could include someone trying to get you to:

- break the rules
- hurt someone else
- hurt yourself
- keep secrets
- do something that makes you feel unsafe.

If anything like this happens to you:

- it is never your fault
- it is important to tell an adult you trust.

They will listen and try to help you.

What to do if something worries you

YOU CAN TALK TO:

- A parent, carer or family member
- A teacher or school staff member
- A coach, group leader or other trusted adult
- A Triple P team member that you know and trust

YOU CAN ASK FOR HELP IF:

- Someone is hurting you
- Someone is making you feel unsafe
- Someone is being mean or bullying you
- Something online is upsetting you
- You are worried about a friend
- Something does not feel right

REMEMBER

- Trust your feelings. If something does not feel right, it is okay to tell someone.
- Keep telling adults you trust until you get the help you need.
- It is never your fault if someone hurts you or makes you feel unsafe.
- You will not get into trouble for speaking up about a safety concern.
- Asking for help is brave.

WHAT HAPPENS IF YOU TELL SOMEONE?

When you tell us about a concern:

- 1 We will listen carefully.
- 2 We will take what you say seriously.
- 3 We will try to help keep you safe.
- 4 We may need to share the information with other adults who can help protect you.
- 5 We will explain what we are going to do as clearly as we can.

A FINAL MESSAGE

**If you are worried about yourself or someone else, do not keep it a secret.
Tell a trusted adult.
We will listen and do our best to help.**