

# Promoting a safer church...



St Nicholas Church  
SEVENOAKS

## ...For Children and young people

### Why are you worried?



Sometimes things happen that make us feel worried, scared or upset. It might be online, at home or where you go to church. Whatever has happened, it is **not** your fault. The best thing to do is tell an adult you **trust** what has happened and how you are feeling. They will be able to help you. Remember, **always** tell an adult if someone is:

- **Putting pressure on you to do something that doesn't feel right.**
- **Saying something bad will happen if you don't do what they say.**
- **Offering you something that seems too good to be true.**
- **Saying or doing something to you that makes you feel uncomfortable.**

This could be someone you know or think of as a friend. Maybe its someone you have met online. If you are in immediate danger, please call the police on **999**. Please also tell an adult you trust who will be able to help you.

### Who can help?

Think of an adult you trust who makes you feel safe. They might be:

- **your dad, mum or carer**
- **another family member**
- **your teacher or someone in your church**
- **another grown up who looks after you**

After you've talked to them, if you feel you still need help, don't give up! Tell another adult you trust.

## ...For Adults

### Are you worried about a child or young person?



If you are worried about a child or young person (under 18 years) but do not think that there is a risk of immediate harm, you should still speak to someone who can help as soon as possible. If you are a member of a church, you can contact your parish Safeguarding office, the Vicar or someone else you trust at the church. Alternatively, you can contact the local authority children's services.

**NSPCC Child Protection Helpline:** [0808 800 5000](tel:08088005000) (lines free and open 24 hours). Phone if you are worried about a child.

### Worried about yourself or another adult?

It may be that you have experienced something within a church context now, or in the past, that has made you uncomfortable or that you now understand is not right.

You should speak to someone that you trust.

- **National Domestic Violence Helpline:** [0808 200 247](tel:0808200247) ((lines free and open 24 hours). Phone if you are experiencing domestic abuse.
- **Samaritans Helpline:** 116 123 (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.
- **Action on Elder Abuse Helpline:** [080 8808 8141](tel:08088088141) ( free phone Monday to Friday 9-5pm)



If you are worried or have any safeguarding concerns, please talk to Gavin McGrath, our Safeguarding Officer on 07946-902758

