

**PADDLE SAFE**  
A young persons guide to Child Protection



**WORRIED ABOUT SOMETHING? DON'T KEEP IT TO YOURSELF!**

- Talk to someone you know and trust.
- If there isn't someone you feel you can talk to you can contact one of the numbers below.
- Childline is the UK's FREE helpline.
- The call is free and private.

**IF YOU ARE BEING BULLIED OR ABUSED IT IS NOT YOUR FAULT**  
ACT IMMEDIATELY- CALL THE 24hour FREE HELPLINES

**Childline 0800 1111 NSPCC 0808 800 5000**  
(Keep trying if you don't get through straight away)

**PADDLE SAFE**



**HOW TO KEEP SAFE**

- Tell someone you can trust so they can help you.
- Avoid being alone or with just one other person.
- Trust your instincts about the people you meet.
- Avoid going to other peoples' homes by yourself.
- Travel with a friend, avoid travelling in someone else's car by yourself.
- Carry a mobile phone, phone card or spare change.

**YOU SHOULD FEEL SAFE AND ENJOY YOUR SPORT**  
You can't do this if you feel unhappy- if someone is bullying or abusing you.

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