

## About CHILDREN 1<sup>ST</sup>

Founded in 1884 as the RSSPCC and working now as CHILDREN 1<sup>ST</sup>, we are Scotland's children's charity putting Scotland's CHILDREN 1<sup>ST</sup>.

We work to ensure every child and young person in Scotland has a happy, healthy, safe and secure childhood. We campaign for every child in Scotland to enjoy the best possible start in life and for no child to grow up in fear of abuse or violence.

We deliver 63 local services and five national services. For more information about our services please phone 08000 28 22 33.

Every penny raised stays in Scotland. 87p in every £1 directly supports vulnerable children, young people and families.

For more information visit our website at [www.children1st.org.uk](http://www.children1st.org.uk)

At CHILDREN 1<sup>ST</sup>, we believe it's everybody's responsibility to protect children.

People often know when something is wrong, but are unsure what to do.

Following these tips can help.



WE LISTEN, WE SUPPORT,  
WE TAKE ACTION  
For Scotland's vulnerable  
children and families

## Contact us

Policy Team  
83 Whitehouse Loan  
Edinburgh  
EH9 1AT

t: 0131 446 2300  
e: [policy@children1st.org.uk](mailto:policy@children1st.org.uk)  
[www.children1st.org.uk](http://www.children1st.org.uk)

## ParentLine

SCOTLAND 08000 28 22 33

ParentLine Scotland is the confidential helpline and email service for anyone caring for or concerned about a child.

t: 08000 28 22 33  
e: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

 Follow us @children1st

 Like us at [facebook.com/children1st](https://www.facebook.com/children1st)



This leaflet is available in large print

CHILDREN 1<sup>ST</sup> Registered Office:  
83 Whitehouse Loan Edinburgh EH9 1AT  
Registered Scottish Charity No. SC016092



## Policy

# Twelve Top Tips

to help  
you protect  
children



# WE LISTEN WE SUPPORT WE TAKE ACTION

for Scotland's vulnerable  
children and families.

## The 5 Ds

Follow our 5 Ds if you ever see or know of a child who needs help:

- 1. Directly support** - If you see a child too young to be out on their own, go up to them and speak to them.
- 2. Distract** - If you see a harassed parent in the supermarket about to shout or hit their child, try and distract the parent or child, and offer to help.
- 3. Delegate** - If you're really worried about a child you know, tell a teacher, contact the police or social work.
- 4. Delay** - Sometimes it doesn't feel safe for you or the child to get involved, so wait until the right moment.
- 5. Don't turn a blind eye** - It's too easy to think someone else will do something about a child you see or know but what if they don't?

Communities Putting Children First can run a session in your area, with your neighbours or a group you belong to.

The sessions are led by trained volunteers and only last a couple of hours. They'll help you work out how to use the 5 Ds and give other tips on helping to keep children safe.

Contact information is on the back of this leaflet.

## See

### 1. Don't ignore your concerns.

Is a child you know quieter or behaving differently than usual? Do they seem afraid to go home? Be alert for warning signs that suggest a child is being abused.

### 2. Pay attention.

Be aware of who is paying attention to children you know and who their friends are. Don't ignore any unease you feel about people showing an interest in your child – or any other child.

### 3. Help families if you think they are struggling.

Bringing up a child is probably the hardest job in the world. Think about what you can do to help a family you see who are struggling. Or tell them about ParentLine where they can get advice.

## Hear

### 4. Be the one a child can talk to.

Children sometimes struggle with problems because they have no adult to turn to. Make time for a child who wants to talk about home, school or friends.

### 5. Take children seriously.

If a child tells you about any problem, listen. Make sure they know that talking is always better than keeping quiet and that you care.

### 6. Get advice from ParentLine Scotland.

The national helpline can provide advice and support to anyone concerned about a child. Open seven days a week.

t: **08000 28 22 33**

e: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

## Speak

### 7. Talk openly and appropriately.

Discuss with children you know what they can do to keep themselves safe. And what that means at home, at school, out and about, and online.

### 8. Encourage children to say no.

It is okay for children if they don't want to be with someone or to stay somewhere. And it's okay for them to say no to being tickled or rough play. They need to know this.

### 9. Ask police if you're worried about someone working with children.

Parents/carers can use 'Keeping Children Safe' to find out if someone in contact with their children poses a risk to their safety by visiting [www.scotland.police.uk/keep-safe](http://www.scotland.police.uk/keep-safe)

## Act

### 10. If a child is in immediate danger.

If you think a child is being abused, you must tell social work. <http://withscotland.org/public> will give you local contact details.

### 11. Make sure children know about ChildLine

Some children don't want to talk face-to-face. They might prefer to speak or chat online to someone confidentially at ChildLine on t: **0800 1111**

### 12. Make your community a safe place for children.

We run workshops for groups and individuals so more people know what they can do to protect children and help keep them safe. Interested? Call ParentLine to find out more.