

## Children / Young People

### What to do if you are worried about your safety?

If you or someone you know is being hurt, treated in a way that makes you feel scared or unsafe, or you feel very alone or unhappy, please tell someone about it so they can try to help you. No matter what someone has told you, if someone is hurting you, it is not your fault. No one has the right to do things to you that you don't like. If you speak out about it, there are people who will listen to you and help you. You won't be judged people just want to help.

- You can talk to your teacher, your parents or carers, your local doctor or nurse
- Calls to Childline are free and confidential: 0800 1111
- Report abuse to Children's Social Care on 01482 395500 or the Emergency Duty Team (out of hours) 01482 880826
- If you are in immediate danger you must call the Police on 999

### For further help and information:

[www.everychildmatters.gov.uk](http://www.everychildmatters.gov.uk)

[www.fish.eastriding.gov.uk](http://www.fish.eastriding.gov.uk)

[www.erscb.org.uk](http://www.erscb.org.uk)

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## THE HEDON GROUP PRACTICE

*At*

*Market Hill House  
Hedon  
HU12 8JD*

*Tel: (01482 899111)*

*And*

*Chapel Lane  
Keyingham  
HU12 9RA*

*Tel: (01964) 622706*

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## THE HEDON GROUP PRACTICE

### A BRIEF GUIDE TO

### CHILD ABUSE

**Don't think what if I'm  
wrong  
Think what if I'm right**

**Keeping children safe is  
everybody's business**

*This leaflet has been produced  
for the patients of the Hedon  
Group Practice.*

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## What is child abuse ?

Society still has difficulty in accepting that child abuse is widespread, so it often goes unnoticed. There are different ways that children are abused. All of these are serious and affect the child even if the child may not seem to be distressed at the time.

**Neglect** – is where the parent or carer does not provide for the basic needs of a child. This can mean not looking after a child when they are ill or keeping them warm and clean with a roof over their head. It can mean leaving a child alone when he or she is too young.

**Emotional neglect** – this term is used when parents or carers don't give kind attention, love and comfort. They appear uninterested in the child and show no affection or care.

**Physical abuse** – when a child is subjected to violence such as beating, punching, burning, thrown around or kicked they have been physically abused.

**Sexual Abuse** – a child faced with any kind of sexual contact by any other person may have been sexually abused.

Other forms of abuse can be in the form of mental cruelty such as continuous name-calling or humiliation and excessively harsh punishments.

**Don't think what if I'm wrong  
Think what if I'm right**

## What if I have concerns about a child or young person ?

*Everybody has a responsibility to report any concern they have that a child or young person is being neglected or abused.*

If you think a child may be in danger, is at risk, is being mistreated or you have concerns about a child's well-being you should pass on your concerns to Children's Social Care or the Police.

If you think a child is being abused or neglected, contact:

**01482 395500**

8.00am to 6.00pm - Monday to Friday

9.00am to 12.00pm – Saturdays

Out of Hours Contact Number

Emergency Duty Team **01377 241273**

**If a child is in immediate danger please call the Police on 999**

You can make your call anonymously if you want. But it is much more useful if you can give your name, or at least a contact phone number.

You can also speak in confidence to a professional e.g. teacher, health visitor or doctor and they will ensure your worries are passed on and their situation is looked in to.

**Don't think what if I'm wrong  
Think what if I'm right**

## Safeguarding Procedures – what to expect

If there is a concern that your child is or has been at risk then a Child Protection Enquiry will take place. A Child Protection enquiry starts because someone has concerns that a child may be being physically injured; neglected emotionally harmed or sexually harmed. This concern may come from a parent who has injured a child; the police; social care services department or the NSPCC. It could also be a neighbour, teacher, health worker or from hospitals when a child has been taken to the casualty department or admitted to hospital. Some turn out to be malicious however some are correct therefore every concern is treated seriously.

Dependant on the outcome of the enquiry either things may go no further or further enquiries may need to be made. Those may include talking with other children in the family and family members and in some circumstances could involve your child being interviewed jointly by the police and social care workers on video. Social care Services may call a Child Protection Conference if it is likely your child has suffered significant harm which you will be invited to. Your child's welfare comes first and social workers, police and medical personnel will all want to work together with you to protect your child. You will be kept informed as to what is happening and support can be offered to your child and yourself either through a Child Protection Plan or the Family Support Service.