



## Keeping Children Safe in Aberdeenshire



Children and Young People have the right to be protected and to be safe from harm from others; they expect that we, as adults will get them the help they need, when they need it.

### Children and Young People expect us to:

- Listen to them
- Take them seriously
- Involve them
- Put them in touch with the right people
- Think about their lives as a whole

To this end it is vital that everyone coming into contact with children and young people know what to do when child protection concerns arise.

### What to do if a child/young person tells you that they have been abused

- Stay Calm
- Listen and hear
- Do not promise to keep secrets - tell them you will have to let someone else know.
- Reassure the child they were not to blame and they have done the right thing in telling you
- Do not ask questions: it is not your job to investigate

### Some Warning Signs

#### Physical Abuse

- Unexplained or recurrent injuries/ burns
- Improbable excuses or refusal to explain an injury
- Apparent fear of physical contact - shrinking back

#### Neglect

- Constant hunger and or tiredness
- Inadequate clothing for weather
- Poor personal hygiene
- Wilful neglect by carers

#### Emotional Abuse

- Continual belittling of oneself
- Over-reaction to mistakes
- Developmental delay
- Excessively clingy behaviour

#### Sexual Abuse

- Sexually explicit behaviour, language or knowledge (inappropriate to age/stage of development)
- Self-harm, running away
- Eating disorders
- Sexually transmitted disease