

...so talk to us.

It may be difficult to talk about matters which affect not only you but also your family. In some cases you may feel afraid that the adults involved will get into trouble. In the majority of cases young people are not removed from home. We work to keep you and your family together. However, if you are at risk of serious harm we will take steps to ensure you are protected.

To talk to us phone one of these numbers:

Social Work	0800 731 6969
Police	0131 311 3131
Childline	0800 1111

Remember, you have a right to be safe and to be listened to and taken seriously. If you do not feel safe SPEAK TO SOMEONE who can help you.

• EDINBURGH •  
THE CITY OF EDINBURGH COUNCIL

CHILDREN AND FAMILIES



We  
can  
help  
you

You don't  
have to be  
little to suffer  
abuse...

All young people  
have a right to  
grow up in a caring and  
safe environment. It's everyone's  
responsibility to make sure that you  
are safe and well cared for.

...and you  
are never too  
old to ask  
for help and  
support...

If you are worried or need help  
please talk to an adult that you  
trust. This person may be a family  
member, friend, school counsellor  
teacher, GP or youth worker.

If you feel that the person you  
have spoken to has not listened,  
or is not taking you seriously then  
you can talk to someone specially  
trained in helping to protect and  
support young people. These  
people include social workers  
and police officers. Each school  
should also have a teacher with  
responsibility for child protection.