

One of These People may be able to Help...

Parent/Carer

Aunties,  
Uncles,  
Cousins

Grandparents

Teachers  
Dinner lady  
Classroom  
assistant

Older Sisters  
or Brothers

Siblings

God-Parents

## Five Second Rule

*When someone HURTS you...*

- ◆ TELL someone
- ◆ Know it's NOT your fault
- ◆ Say "NO"

### **Diocesan Designated Liaison Personnel**

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**Safeguarding  
Young People**  
Designed and Compiled  
by Young People



**ARCHDIOCESE OF ARMAGH**

## A Prayer to keep us safe

Dear Lord,

We ask you to keep us children safe and sound.

May people make us feel loved and supported.

Let no person do us harm.

Protect us from sadness.

Let us know what's right and wrong

And give us strength to tell what's going on.

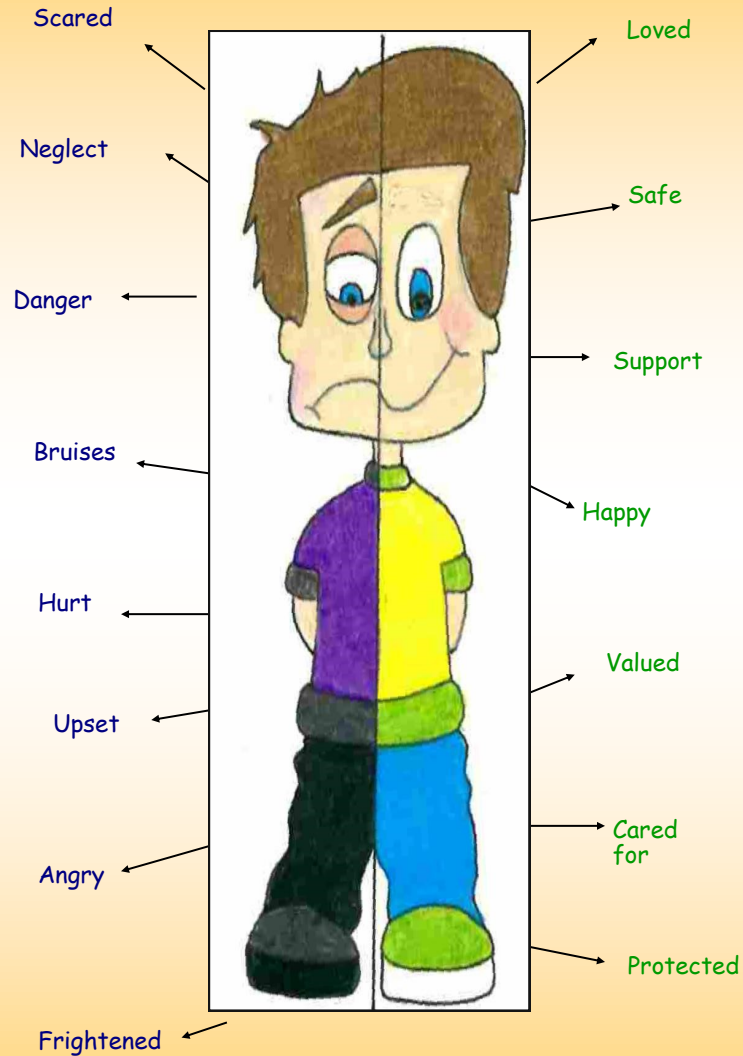
Thank you God for always being there for us.

Amen



Sad

Happy



## Some of the ways we might get hurt...



Someone might leave you with a mark, you might get bruises. The outside parts of your body might feel sore. You may feel sad, angry on the inside where no one can see.

Someone may make you feel bad about yourself. You may tell yourself, "I'm no good." All these feelings live on the inside where no one sees them.

Someone may call you names, make fun of you or yell at you. You may then feel bad about yourself. There will be no mark or scar that another can see to know that you are hurting.

When someone touches your body in a way that you know is not right and you feel 'weird.'

Sometimes someone acts in a way that makes us sad, scared, afraid, uncomfortable and unsure. If this happens to us we need to tell a grown up. It's a grown ups job to make sure we are happy and safe.