

Who can you talk to?

If you are worried about yourself or a friend, talk to an adult who you can trust as soon as you can. People who can help you include parents, carers, teachers and social workers.

If you or a friend is in immediate danger, call 999.

Solihull Youth Service can also give you advice about what to do. Call 0121 717 5800.

You can also call ChildLine for free on 0800 1111.

Other websites where you can get more information include:

www.thisisabuse.direct.gov.uk

www.heartprogramme.org



Is this you?

- You are friends with older adults, or
- You have an older boyfriend or girlfriend, or
- You stay out late and even all night, or
- You don't go to school, or
- You've used drugs and alcohol, or
- You're chatting to people online who you've never met, or
- You've lost contact with friends your own age and don't stay in with family very much

Your relationships

We all form relationships with lots of different people – family, friends, girlfriends and boyfriends. This is a good thing and all part of growing up.

But sometimes these relationships can go wrong and the person you thought you could trust might make you feel unsafe or make you do something that you don't want to do or that's not okay.

For example, you might feel like you have a good relationship with someone because they make you feel special or they give you somewhere to hang out, money, buy you presents or drugs and alcohol.

They might be nice to you to begin with but then change the way that they **are** around you and ask you to do things for them such as:

- Touch them in a way that makes you feel uncomfortable.
- Have sex with them or others.
- Look at sexual pictures or films, or watch them do something sexual.

You are not to blame if this is happening to you.

TOP tips to keep safe

- 1** Trust yourself to know when something is wrong. If someone makes you feel unsafe, pressured or frightened, follow your instincts and ask for help.
- 2** Don't trust people you don't know, even if they seem friendly.
- 3** Make sure you know who you are talking to online. Never give away your personal details or agree to meet anyone who you have only talked to online.
- 4** Don't be tricked into doing things that are unsafe, even if they seem like fun. What might look exciting at first could be more dangerous than you realise.