

Speak out. Stay safe.



Llywodraeth Cymru
Welsh Government

Are you worried about something that is happening to you or to someone you know?

You should always feel comfortable and safe both at home and in school.

If you are worried about something that's happening to you, to one of your friends or to someone in your family, tell someone!

If somebody hurts you or someone you know, tell an adult you trust like:

- **a parent or carer**
- **a teacher**
- **a designated safeguarding person (DSP) in your school.**

Every school has someone called a DSP who can give you support, advice and help if you're worried about being harmed or about someone else being harmed.

You can also call Childline Cymru (Wales) on 0800 1111 – it's free.

Your DSP is:

