

# 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 at home, in the area where you live and in school.**

**If you feel uncomfortable with anything you have been asked to say or do, or if you are being hurt or have been hurt in any way, you can get help and support. You should also tell someone if you are worried about a friend or someone in your family.**

**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 is specially trained to provide you with support, advice and help.**

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

**Your DSP is:**

