

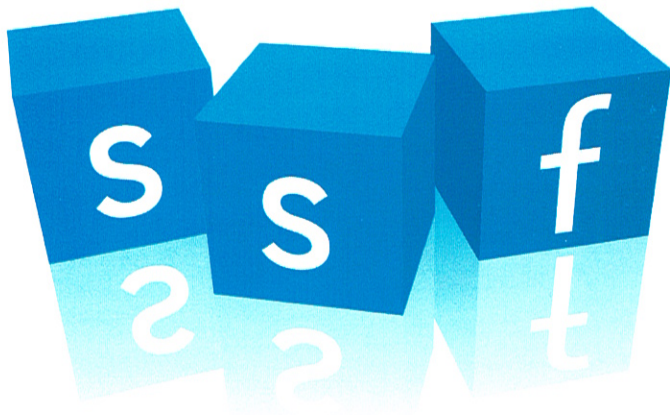


The Safe Strong and Free Project (ssf) is a charity, which aims to reduce the vulnerability of young children to abuse and assault. Project staff and trained volunteers use puppets and talking with the children to teach them strategies to use that will help them stay safe if they encounter bullying, an approach from a stranger and an inappropriate or unwanted approach from an adult they know.

The project is available to children in Highland who attend a nursery or partner centre in the year before they go to primary school. The workshops are designed to teach serious things in a "fun" way.

Awareness raising information is distributed to parents followed by a meeting to let them pre-view the children's programme, get questions answered and discuss issues. This is followed by three workshops for children covering the issues mentioned above.

The pro-active approach taken sees parents as the prime educators of their children and places a great deal of emphasis on their involvement in the project.



usefulcontacts

Social Work Services :	Emergency Out of Hours	08457 697284
	Aviemore	01479 810251
	Nairn	01667 453746
	Thurso	01847 893835
	Wick	01955 605040
	Inverness West	01463 724040
	Inverness East	01463 791338
	Raigmore Hospital	01463 704000
	Lochaber East	01397 707025
	Lochaber West	01397 703397
	Dingwall	01349 865262
	Alness	01349 885058
	Portree	01478 612943
	Golspie	01408 634040
Police :		
	Badenoch, Stathspey & Nairn	01479 810222
	Caithness & Sutherland	01955 603551
	Inverness	01463 715555
	Lochaber	01397 702361
	Ross, Cromarty & Skye	01349 862444
	Child Protection HQ	01463 720259

PO Box 5610 Inverness IV1 1ZU
01463 712669
info@ssf-project.org.uk
www.ssf-project.org.uk

Funded by



safestrongandfree
HIGHLAND



howtoreact
ifachildtellsyouaboutabuse

Safe Strong and Free Project is a Company Limited by Guarantee No. SC197890
Registered Address : Room 5, Church St Office Suites, 106 Church St, Inverness, IV1 1EP.
Scottish Charity No. SC017744

whattodo

If a child says something, which causes you to be concerned or unsure . . .

- **Stay calm . . .**
if you show anger, fear or get upset the child may not tell you any more.
- **Don't promise to keep it secret . . .**
you won't be able to if the child is telling you about abuse.
- **Don't jump to conclusions . . .**
about what the child means or is talking about.
- **If you are not completely sure . . .**
what the child means - clarify.
- **You can check if you have heard a child correctly . . .**
by asking them to repeat things, but try not to go over the same ground again and again. The child may think that you don't believe them if you do this.
- **Help the child with whatever is bothering them . . .**
don't write off any problem a child has as unimportant. They are much more likely to come to you about any serious problem if you show you care and want to help with all the things that frighten, upset or confuse them.

Any abuse or attempted abuse of a child should be reported as soon as possible, to either the police or your local social work services. They will be able to investigate fully what the child has said and to protect this child and any other children in the community if necessary.

In such circumstances, you may find it helpful to get some support yourself by talking to a friend or relative or perhaps you would prefer confidential support from someone that you don't know. **Highland Rape and Abuse Line : 01349 865316** will give this type of help.

howto react

If a child tells you about abuse, it will help them if you react in the following manner . . .

