

# YOU CAN SAVE ME

## KNOW

During lockdown, some children and young people may be being abused and exploited at home. They can be made to believe that they should never tell anyone and that the abuse is their fault. Shut in with their abusers, they have little chance to escape or to tell anyone.

These children need your help! As a neighbour or key worker visiting homes for any reason, you may be the only person able to spot abuse and report it.

## LOOK

- Guarded behaviour of a child around particular individuals
- Sudden changes in behaviour
- Children with bruises, burns, bite marks or fractures
- Children appearing withdrawn, anxious or frightened
- Hearing or seeing shouting and violence towards a child
- Children seen carrying or using drugs
- Children being late or arriving home late in different cars
- Unaccompanied children visiting a house where only adults live

## ACT

- Stay curious and look beyond the obvious
- If something doesn't feel right, it might not be
- Even if you're unsure, it's better to report your concerns
- Do not attempt to intervene yourself
- If you have a safeguarding manager / lead within your organisation, notify them immediately
- Call the police on 101 or 999 in an emergency
- Call the NSPCC on 0808 800 5000