



Other Numbers that you can call for help are:

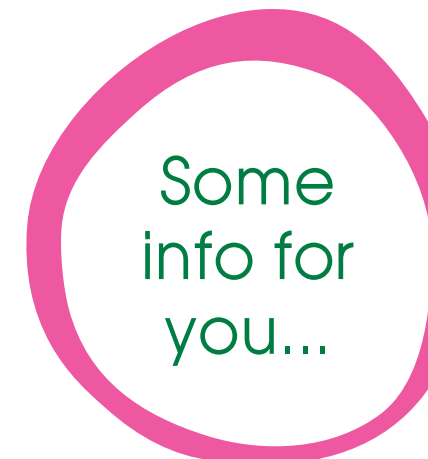


Safeguarding Children

Information for
Young People



diocese
of **limerick**
our catholic community



For further information
(including cyber bullying)
visit the
Tusla website
www.tusla.ie

Comprehensive information on safeguarding in the Catholic Church is available at the National Board for Safeguarding Children in the Catholic Church in Ireland www.safeguarding.ie





If an adult in the Church is hurting you or someone you know then you should tell an adult you trust or contact any of the following:

Diocesan Director of Safeguarding (D.L.P)
Ger Crowley
087 3233564 | 061 315856
ger@ldo.ie

An Garda Síochána
Divisional Headquarters,
Henry St, Limerick
061 212400

Tusla - The Child and Family Agency
061 482792 | www.tusla.ie



Adults should...

Treat children with respect at all times

Never hurt children

Always keep children safe from anyone who could hurt or abuse them

Make sure you treat each other with respect



What does Child Abuse mean?

Most children grow up being loved, cared for and safe but some need to be protected from abuse. Abuse is bad treatment by adults, or other children, which harms a child and can be when a child is:

Told hurtful things that make them feel scared, unloved and unwanted

Physically hurt, for example hitting, shaking, throwing, burning or scalding

Made to do, or watch, something sexual that they don't want to do

Not looked after properly, does not have enough food or clothes or is left alone

Bullied, for example, being called names, being hit or pushed, having rumours spread about them or being threatened by someone online



If someone hurts you or makes you feel uncomfortable or upset you should always...

Tell them to stop - Say No!

Get away from them

Tell an adult you trust.

Remember...

It is never your fault if someone hurts you and you should never keep secrets about it!

If you are scared or worried, tell someone

