



Other Numbers that you can call for help are:



Childline

1800 666 666

The Samaritans

116123

Barnardos

1850 222 300

Check out our website for more support services for children and young people in Limerick City and County.

www.limerickdiocese.org

Safeguarding Children

Information for
Children and Young People



diocese
of **limerick**
our catholic community

Some
info for
you...



For further information
(including cyber bullying)
visit the
Tusla website
www.tusla.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 350000
ger.crowley@limerickdiocese.org

An Garda Síochána Protective Services Unit
Divisional Headquarters,
Henry St, Limerick
061 212400/202448

Tusla - The Child and Family Agency
Tusla Building, St Joseph's Campus
Mulgrave Street, Limerick
061 588688



Adults should...

Treat children with respect at all times

Never hurt children

Keep children safe from anyone who could hurt or abuse them

Report all concerns regarding the welfare of children and young people



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. This can be when a child is:

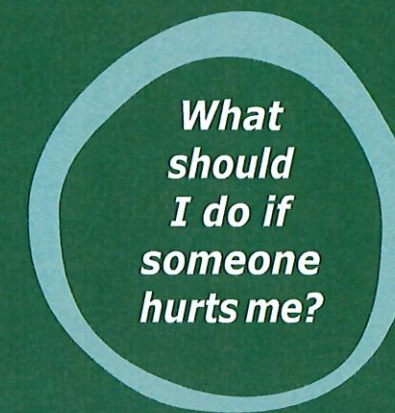
Told hurtful things that make them feel scared, unloved and unwanted

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

Made to do, or watch, something sexual

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

