

Other useful contacts: Ireland

CHILDLINE

A free and confidential service to empower, support and protect children and young people up to the age of 18.

Phone: 1800 66 66 66; Text: 'Talk' to 50101

Web: www.childline.ie

TEENLINE IRELAND

A helpline for young people who feel lonely, anxious, vulnerable, depressed or suicidal

Phone: 1800 833 634 (8 PM to 11 PM)

Email: info@teenline.ie; Web: teenline.ie

CARI

Therapy and support for children affected by child sexual abuse

Phone: 1890 92 45 67; Website: www.cari.ie

THE SAMARITANS

We offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you

Phone: 116 123; Text: 087 2 60 90 90

Email: jo@samaritans.ie; Web: www.samaritans.ie

JIGSAW

We intervene early to support young people's mental health

Phone: 01 472 7010

Email: info@jigsaw.ie; Web: www.jigsaw.ie

WOMEN'S AID

Support and information to women and their children who are being physically, emotionally, financially and sexually abused in their own homes

Phone - 1800 341 900

Email - info@womensaid.ie; Web: www.womensaid.ie



QUEEN'S
UNIVERSITY
BELFAST

CENTRE FOR
CHILDREN'S
RIGHTS



**BEEN HARMED?
NEED HELP?
WHO TO TELL?**



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United Nations
Educational, Scientific and
Cultural Organization



UNESCO Chair in
Children, Youth and Civic Engagement
Ireland
CHILD AND FAMILY RESEARCH CENTRE



NUI Galway
OE Gaillimh

TYPES OF HARM	This happens when	Who to tell – If this happens at		
		Home	School	Outside
<p>NEGLECT</p> <p>is when a child's basic needs are not being met and a parent or carer does not look after them properly.</p> 	<p>A child might not be given enough food and drink or the proper clothing.</p> <p>A child is left on their own for too long.</p>	<p>YOU CAN SPEAK TO</p> <p>Another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; neighbour; sports coach; social worker; nurse; doctor</p>	<p>YOU CAN SPEAK TO</p>	<p>YOU CAN SPEAK TO</p>
<p>PHYSICAL ABUSE</p> <p>is when an adult deliberately hurts a child's body.</p> <p>This may leave marks on their body such as cuts and bruises.</p> 	<p>Someone might hit, punch, kick, bite, or shake a child.</p>	<p>Another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; neighbour; sports coach; social worker; nurse; doctor</p>	<p>A child protection teacher; parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; sports coach; social worker; nurse; doctor</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach; security person; caretaker; the Gardai (telephone 999)</p>
<p>EMOTIONAL ABUSE</p> <p>is when an adult hurts a child's feelings.</p> <p>This hurts a child on the inside.</p> 	<p>An adult makes fun of a child, calls them names, or makes them feel bad about themselves.</p> <p>Seeing or hearing parents or carers hurting each other can also make a child feel bad.</p> <p>This is called domestic abuse.</p>	<p>Another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; neighbour; sports coach; social worker; nurse; doctor</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; child protection teacher; sports coach; social worker; nurse; doctor</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; child protection teacher; sports coach; security person or caretaker</p>
<p>BULLYING</p> <p>is when children are mean and unkind to each other, not just once but again and again and again.</p> 	<p>Some children might push another child around, leave them out of games, or send them nasty texts or emails.</p> <p>This can hurt on the inside, or on the outside, and often both.</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach; security person; caretaker</p>
<p>SEXUAL ABUSE</p> <p>is when a child is made to do anything with their body that frightens or worries them. An adult using a child in this way to make money is called sexual exploitation.</p> 	<p>An adult touches, kisses or makes a child show private parts of their body, or makes them do this to another person.</p> <p>Being made to look at rude films or pictures in books, magazines or on the internet is also sexual abuse.</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt; uncle; grandparent.</p> <p>Or a neighbour; teacher; sports coach</p>	<p>A parent or guardian; another family member like an aunt, uncle, grandparent.</p> <p>Or a neighbour; teacher; sports coach; security person; caretaker; the Gardai (telephone 999)</p>