

Things to do if you don't feel safe:

Speak out.

- Tell the person to stop.
- Say "NO" and Keep Saying It.

Get out of the situation if you can.

Never keep it secret.

- Talk to someone you trust.

Abuse is NEVER your fault.

Help is at hand if needed.



Contact Details:

Childline

www.childline.ie
1800 666 666 or
Text 50101

The Samaritans

www.samaritans.org
116 123

Barnardos

Parents Support
1850 222 300

Augustinians

www.safeguarding.ie
01 404 1000

Augustinian Safeguarding for Young People

Striving to create safe and sacred spaces.



Your safety matters to us.



Augustinian Safeguarding Policy

We value everyone.

Our friars, volunteers and staff have made a commitment to treat every person with respect and dignity.

All are welcome in this sacred place.

What is abuse?

Abuse can:

- Take different forms.
- Be hurtful in different ways.
- Happen to boys or girls.
- Occur in secret.
- Happen on your phone or online.
- Be carried out by someone you know.
- Be carried out by a man or a woman or a group of people young or old.

Types of Abuse:

Physical:

Hitting, shaking, beating, burning or kicking.

Verbal:

Constant harassment or belittling a person.

Emotional:

Wanting/making a person to feel unloved, scared or stupid.

Neglect:

Depriving a person of food, warmth, shelter or education.

Sexual:

Wanting/making a person to take part in a sexual act.

