



# Safeguarding Information for Young People

At YMCA George Williams College we safeguard your wellbeing. This means we protect your health, wellbeing, and rights. We do this in the following ways:

- 1** Our staff are experienced, qualified, and vetted to make sure they are safe for you to be with. They are also lovely and fun human beings!
- 2** We make sure all the activities we invite you to take part in are safe by risk assessing them. We also do a 'fun test' to make sure you'll enjoy them.
- 3** If you feel unsafe at any time, you can tell the member of staff working with you and they will make sure we help you to feel and be safe.
- 4** If you are concerned about the behaviour of our staff contact our Designated Safeguarding Lead, Kaz: 07950 039206 [kaz.stuart@ymcageorgewilliams.uk](mailto:kaz.stuart@ymcageorgewilliams.uk)
- 5** We will listen to any worries you have and may need to involve other professionals if we think you are being harmed or are at risk of being harmed by yourself or by others.
- 6** If you ever feel you are in immediate danger call 999.



# If you would like to talk to someone anonymously you might find these people helpful:



For information and advice for young people on topics like bullying, your body, and relationships, or to talk about any other worries contact Childline on 0800 1111

They also have an online message board if you do not want to talk over the phone.

If you want confidential support, advice, and information about drugs, their effects, and the law, call FRANK on 0300 123 6600 or text on 82111.



The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258.

If you feel overwhelmed, or like you want to hurt yourself, support is available for you to talk things through. You deserve help as soon as you need it. To talk with someone confidentially about how you feel, you can:

- Ring HOPELINEUK on 0800 068 4141
- Ring Samaritans on 116 123
- Text YM to YoungMind's Textline on 85258

