

## Letter from a Young Person...

Dear Adult,

Please be a good Role Model for me.  
I need you to care for me, help me feel valued and never abuse the trust I may put in you. I ask you to keep me safe and if I come to you having been abused either; physically, sexually, verbally or emotionally, please believe me and help me to know it is not my fault.

I don't want to have the mind set that abuse is okay. When I say 'NO' it is because I am hurt or feel uncomfortable so please do not put me in that situation. We all only get one life, please do not allow mine to be ruined.

I am my own person.

I am no-one's property.

I deserve to be treated with respect and dignity.

The main point of my letter is to ask you to respect me, never hurt me, celebrate the good times with me and care for me through the hard times.

Yours sincerely,

Me



Here are some important people and numbers you need to remember!



**Ms. Cleo Yates**  
**Director of Safeguarding**  
**Diocese of Cork and Ross**  
**Tel: 021-430 1717**  
Email: cleo.yates@corkandross.org

**Garda**  
**National Protective Services Bureau, Harcourt Square,**  
Dublin 2.  
Tel: 01-666 3423.

**TUSLA**  
**North Lee Community Services,**  
Blackpool, Cork  
Tel: 021-492-7000

**South Lee Community Services,**  
St. Finbarr's Hospital Cork  
Tel: 021-432 3001

**West Cork Community Services,**  
Skibbereen,  
Tel: 028-40447/40456

# KEEPING US SAFE



**A Guideline for ADULTS**  
**designed and compiled by**  
**Young People.**

**Diocese of Cork and Ross**

## Do...

Help me feel valued.

Treat me with dignity.

Respect me.

Care for me.

Help guide me.

Listen to me.

Believe in me.

Support me.



KEEP  
ME  
SAFE



## Don'ts...

*These make me fade into the background.*

Don't abuse the power that comes when I trust you.

Don't harm me in any way.

Don't make me feel I'm useless.

Don't hurt me physically.

Don't abuse me sexually.



## How We Can Work Together...

We need to value each other as equals and never belittle or demean anyone.

If you make us feel safe we will feel comfortable to trust in you and tell you when we are not ok.

We understand trust is a two-way street.

We will respect that sometimes you do know best but at times we may be vulnerable and ask you not to take advantage of us.

