

Adults who work or volunteer with children and young people are in a position of trust

Adults in a position of trust are positive and safe role models.

This means they:

- ✗ are not allowed to be 'friends' with you online or on any form of Social Media. They must not contact you using their personal accounts
- ✗ are not permitted to have personal or sexual relationships with children or young people in their care
- ✗ must not use alcohol, cigarettes or illegal substances in their professional role, and they must not give them to you

- ✗ are not permitted to meet up with children and young people who they work or volunteer with, for a personal 'meet up' or social activity outside of the professional boundaries and professional relationship
- ✗ are not allowed to touch you. However, there may be situations where they need to, such as training, giving first aid or for reasons of safety. Adults must **NOT** do this with you on their own, another adult must be present and it must be in an open space. They must ask for your permission first and it is OK for you to say **'No'** or **'Stop'**.
- ✓ You should **ALWAYS** feel comfortable and free to report, at any time, any concerns you may have about your own or another person's safety or welfare

SUPPORT AND ADVICE

If you are being bullied, harmed or abused, try to:

Be firm, and tell the person to stop. If you're feeling threatened make a lot of noise to attract attention of responsible and trusted adults.

Try to get away from the situation, go somewhere that's public to get help, or call the Police on 999.

Report the incident to Childline on 0800 1111.

Tell a parent/carer, Sea Cadets staff member or other trusted adult what has happened as quickly as possible.

Keep a note, if possible, of the time, date, place, details of what happened, how it made you feel and any potential witnesses.

To keep safe you should:

Tell someone you trust so that they can support you.

Travel with a friend where possible, and avoid travelling in people's cars by yourself.

Trust in your instincts about people you meet.

Avoid, where possible, being alone with a person or people that make you feel uncomfortable or unsafe.

Avoid going into people's homes by yourself.

Be able to contact someone you trust when you need to. Make sure your mobile phone is always fully charged and someone always knows where you are.



Cadets
12-17

YOUR SAFEGUARDING POCKET GUIDE

Keep this somewhere safe and have it handy should you need it.

SEA
CADETS



Sea Cadets is a place for you to enjoy, achieve, have fun and make friends

SEA CADETS SHOULD BE SAFE FOR EVERYONE INVOLVED

At Sea Cadets you can SPEAK OUT or report an incident if you have worries. The adults at Sea Cadets should:

- ✓ Be kind to you
- ✓ Listen to you and take what you say seriously
- ✓ Help you
- ✓ Provide support



It's not OK if:

- ✗ You get teased or shouted at by adults, other cadets or any other person.
- ✗ You get threatened or physically hurt e.g. hit or kicked.
- ✗ **ANYONE** makes inappropriate or discriminatory comments towards you about your ethnicity, gender, sexual identity, religious beliefs, abilities or your emotional wellbeing.
- ✗ **SOMEONE** tries to pressure you into sexual activity – either online or in person.
- ✗ **ANYONE** damages or takes your belongings without your permission.
- ✗ **ANYONE** tries to pressure you into criminal activity.
- ✗ **ANYONE** touches you in a way that causes you harm or makes you feel uncomfortable.
- ✗ **ANYONE** tries to get you to be part of harmful games e.g. initiations or hazings.
- ✗ **ANYONE** makes rude or sexual remarks towards you or makes threats towards you, even as a joke.
- ✗ **ANYONE** does anything to make you feel lonely, worried, unsafe, hurt or embarrassed.

HOW TO GET HELP

You can talk to an adult at Sea Cadets. Let them know you would like to talk about something you are worried about. If it makes it easier for you, you could show them this blue card so they understand why you want to talk to them. You can also report something important or serious to an adult volunteer.

It is **NOT OK** for people to tell you not to do this or pressure you not to speak out.

You can go to any adult you can trust e.g. a parent, carer or a teacher

You can also contact Childline in confidence:



sea-cadets.org/safeguarding



Patron: HM The Queen
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