




Any adults in a position of trust should never:

- ✗ Talk to you privately, on their own or in secret, or be 'friends' with you online
- ✗ Arrange to meet you or 'hang out' with you alone or in private
- ✗ Have a personal friendship or relationship with you
- ✗ Ask you to keep secrets 
- ✗ Use alcohol, cigarettes or illegal substances when at Sea Cadets, and they must not give them to you

REMEMBER an adult in a position of trust can be friendly, but they are **NOT** your friend.



Patron: HM The Queen
Marine Society & Sea Cadets, a charity
registered in England and Wales 313013
and in Scotland SC037808

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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 them.



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

You can also contact Childline in confidence:



childline.org.uk

sea-cadets.org/safeguarding



Junior
cadets

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.

WE WANT YOU TO FEEL HAPPY AND SAFE

It's wrong for ANYONE to hurt you or make you feel unsafe. If they do it is not OK and it is not your fault.



At Sea Cadets you can SPEAK OUT 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 for ANYONE to:

- ✗ Physically hurt you on purpose
- ✗ Touch you in a way that makes you feel uncomfortable
- ✗ Not give you what you need to be healthy and safe
- ✗ Say things to you that make you feel bad about yourself
- ✗ Bully, shout at and/or tease you
- ✗ Do dangerous things that could put you at risk or make you feel unsafe
- ✗ Use rude words or comment on your appearance or body



REMEMBER:

You have the right to be safe from harm and abuse

It is **NEVER** your fault

There are people who will listen to you and help you

Did you know?

- ✓ Any adult, aged 18 and over, who works or volunteers with children and young adults is in a position of trust. They have a responsibility to keep you safe.