

# Tameside Signs of Safety

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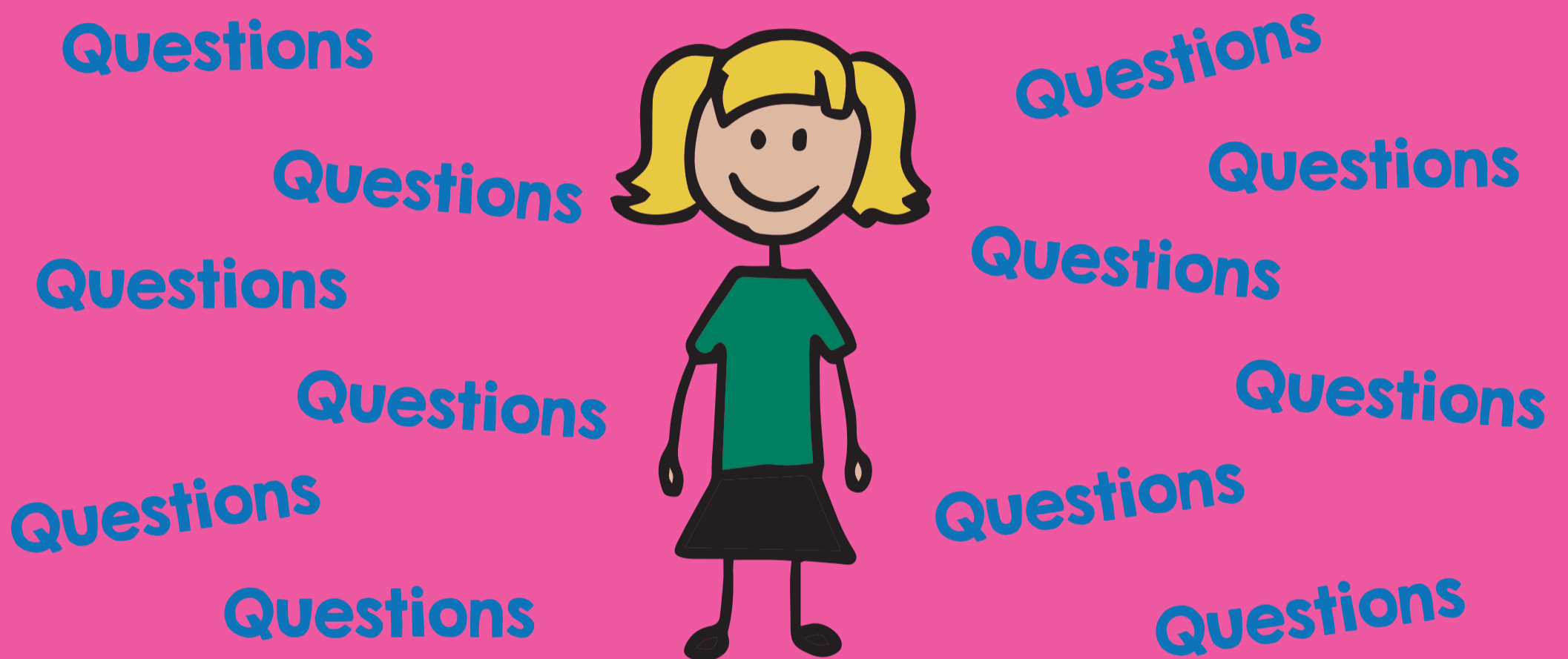
Tell people how you feel – your feelings don't always stand out.

Don't struggle alone

Ask as many questions as you want.

Don't be afraid to share your opinion.

Make sure you are heard and people listen to you.



## Things which are important to me:

Having Friends

Having my questions answered

Living in a safe place

Having enough money and sleep

Seeing my family

Being able to speak out

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## What is Signs of safety?

Signs of Safety is when you get lots of help because it's important you feel safe.

## Who can you talk to?

You can talk to many people such as your teachers, your family or pets, your foster carers or people in your care home. You can write things down about how you feel about your life or even tell the police.

Always talk to somebody if you feel upset.

It is important that you spend time with someone and you answer their questions.

## You might get asked things like:

How are you?

How was your day?

Are you okay?

Has anyone ever upset you?

## Tameside Council - They Help U!



## Signs of Safety will help Tameside Council:

Make all children happy

Listen to all children's opinions

Answer all the questions which you need answering

Makes sure you see your family and friends

Make sure you have enough sleep and money

Make sure you are safe

Make sure you are feeling A – Okay!

Find out why you are upset

C through the smile

Make sure you have a clean house

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## Signs of Safety will help:

To make sure you live in a safe place

People to know how you live and understand it

To make sure you have enough sleep, food and money

You to speak out – don't bottle things up

You to be confident

You to see your family and friends

You to share your ideas and opinions

You to tell people how you are feeling because looking happy and saying you are happy is not always the truth

You to decide who to trust and who not to trust

You to live in a clean bedroom which is organised and with all the right equipment

You to think about your life and your future

To make sure you have somebody who has open arms and ears for you

