

PHONE NUMBERS

- ☎ **116 000** – Free contact for missing children and those thinking of running away.
- ☎ **999** – Police ambulance or fire
- ☎ **111** – non emergency help
- ☎ **0800 1111** – child line
- ☎ **08088005000** – NSPCC

LOCAL NUMBERS

- ☎ Speak to someone you trust or **01454 866000** speak to children's services
- ☎ **01454 615165** – Speak to someone out of hours and at weekends.

WEBSITES

- 🖥 www.mind.org.uk – mental health charity
- 🖥 www.childline.org.uk – child line
- 🖥 www.nspcc.org.uk – NSPCC
- 🖥 www.missingpeople.org.uk – missing people helpline.



This leaflet was co-produced by young people and the South Gloucestershire Safeguarding Children Board

Special thanks to the group of young people who gave their time to write and design this leaflet to help other young people stay safe. The young people involved also took the photographs and modelled in them.

🖥 <http://sites.southglos.gov.uk/safeguarding/children>

NOT JUST RUNNING AWAY



TIPS FROM YOUNG PEOPLE TO STAY SAFE...



WHAT DOES MISSING MEAN?

Anyone under 18 years of age can be reported missing at any time. It just means you are not where you are supposed to be.

WHY IS IT IMPORTANT FOR PEOPLE TO KNOW WHERE YOU ARE?

So that nothing bad can happen and you are safe.

MYTH

someone must be missing for more than 2 hours before being reported

VS

TRUTH

someone can be reported missing at any time.



AFTER BEING MISSING

When missing, or after coming home you could feel a mixture of emotions. You could feel happy and excited or afraid and alone. This is very normal and everybody in a situation like this would feel similar.

If you have been missing, once you have returned home a worker will contact you. The worker will arrange to meet you so that you can talk about what happened. This meeting is private and is useful for help and advice for the future if you were to find yourself in a similar situation again.

For example:

- 1 Always tell a parent / carer where you are.
- 2 Make sure your phone is always charged.

TOPTIPS TO STAY SAFE

→ Always have a plan when you go out.

If something goes wrong or you are worried:

- Go somewhere safe, like school or a shop or find a safe place on the safeguarding board website.
- Contact your parent/carer.
- Talk to someone you trust, like a teacher or youth worker.
- Call the police if you or a friend are in danger.

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