

Did Calling it Out get you thinking?

Safeguarding children and young people



Creating a culture where sexual harassment and sexual abuse are not tolerated

We are running **Calling it Out** in schools in Gloucestershire because we want you to be safe and happy and able to recognise unhealthy relationships.

Calling it Out reinforces to students the vital message of non-tolerance of harmful sexual behaviour. The performance and discussion-based workshop explore where these behaviours are coming from and alternative positive behaviours. The programme raises the groups' awareness of the huge impacts these everyday incidences of sexual harassment and assault can have on girls and young women and how we all have a role in safely challenging and reporting these behaviours.

If this is happening to you, it is definitely not your fault!

Have you been affected by the performance?
Are you worried about sexual harassment and sexual abuse?
Do you think that you or someone else might be at risk?

If your answer to any of the above questions is Yes, you need to ask for help - turn over for what to do next.



What to do next

- Speak to someone at school, e.g. teacher, counsellor, link worker, nurse – they will get you the support you need.

Other useful numbers

- Gloucestershire Police: Non emergency 101 Or emergency 999
www.gloucestershire.police.uk
- Childline: **0800 11 11**
- NSPCC: 0808 8005000

Other places for help if you need to talk about how you feel

TIC+ :	chat: 0300 303 8080 – free, anonymous phone line text : 07520 634063
Samaritans:	ring: 116 123 email: jo@samaritans.org
Childline:	ring: 0800 1111
Youngminds:	text: YM to 85258
Chathealth:	https://chathealth.nhs.uk/
Kooth:	https://www.kooth.com/
Mindful:	https://www.mindful.org/
CrimeStoppers:	ring: 0800 555 111 (100% anonymous, Always)
Gloucestershire Self Harm Helpline: (5pm to 10pm daily):	Freephone: 0808 801 0606 www.gloucestershireselfharm.org text :07537 410022
Glos NHS:	https://www.onyourmindglos.nhs.uk/
Hope House—Sexual Assault Referral Centre	http://www.hopehouse.nhs.uk/
Gloucestershire Rape and Sexual Abuse Support	http://www.glosrasac.org/
Safe Teenage Relationship Education & Empowerment Team (STREET)	http://www.gdass.org.uk/support-for-young-people/