

Keeping you Safe in Care



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Your **foster carer**
looks after you



Your **social worker**
makes sure that your
foster carer looks
after you

What's OK

foster carers
can...

1 Tell you off if you do something wrong

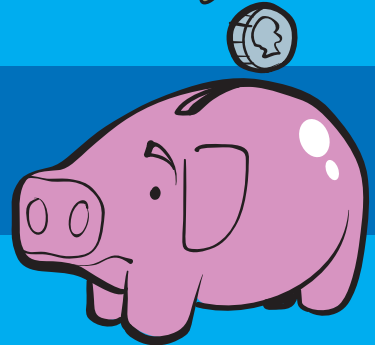
2 Give you "time-out" to calm down

3 Stop some of your pocket money

4 Ground you if you have been naughty

5 Expect you to do some chores

6 Take away your toys or treats for a while if you have been naughty



What's Not OK

foster carers are not allowed to hurt you. This means...

NO Bullying

NO Smacking

NO Slapping

NO Shaking

NO Pushing

NO Name Calling

NO Pinching

NO leaving you on your own in the house

NO leaving you dirty, hungry or thirsty

NO losing their temper

NO touching you when you don't want them to



Speak up!

No-one is allowed to hurt you or make you feel sad.



I'M NOT HAPPY!!

If you are not happy and want it to stop, you have to **SPEAK UP**

Who can you tell?

It is better to tell an adult.



School Nurse



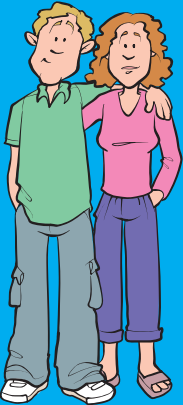
Lollipop Lady



Teacher



Sessional worker



Friend's parents



Friend/Buddy



Policeman



Social worker



You can ask your social worker for an **advocate**. This is an independent person who can listen to you and speak on your behalf.



Keeping Secrets

You **should not** keep a secret.

When you tell someone, they **should not** keep it a secret.



They can call your social worker on
01352 701000
or **0845 053 3116**

Your social worker will try to fix things between you and your foster carer



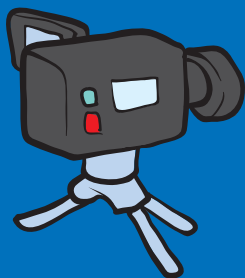
If it's more serious . .

Your social worker will ask you to tell them and maybe a police officer everything that has happened

They will listen
and they will
take you seriously.



They might video what you say.



You might
see a doctor.



A meeting...

A meeting will be held to decide what should happen next.



What will happen to **me**?



You might stay at your foster home and we will make sure it is safe for you.



You might move to another foster home

More Information



To speak to a social worker call...

Flintshire County Council

Tel: 01352 701000



To ask for an independent 'advocate' call...

NYAS Cymru

Helpline: 0800 616101

Email: help@nyas.net

Website: www.nyas.net



If you are not happy with our service...

Childrens Commissioner for Wales

Tel: 01492 523 333

Email: post@childcomwales.org.uk

Website: www.childcom.org.uk



If you want someone to talk to call...

Childline

Helpline: 0800 1111

