



# Protecting People of all ages in Dundee

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## How you can help



# What is Protecting People?

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Protecting people means being able to protect everyone from harm:

- children
- adults
- older people

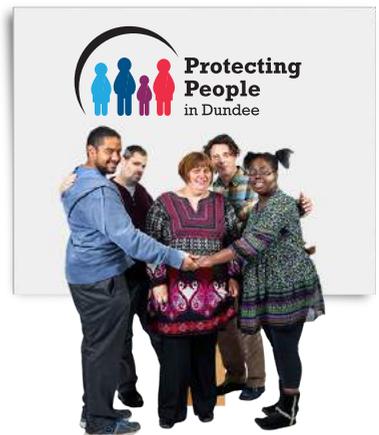
Harm means people doing things that hurt and upset someone.

This booklet gives advice on how to report worries about someone in Dundee who may be being harmed or at risk of being harmed.

## **It's up to all of us to Protect People in Dundee.**

If you are worried about a child or an adult who may be at risk:

- don't ignore it, share your concerns
- help us to protect them
- tell someone



# Important numbers

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## **Police - 999**

If you need to protect someone from something which is happening to them right now.

## **Police - 101**

If you are concerned but it isn't an immediate emergency.

## **Concerned about a child?**

Dundee's Child Protection Line on: **01382 307999**

## **Concerned about an adult?**

The First Contact Team on: **01382 434019**  
or at night and weekends phone: **01382 307964**

## **Are you deaf/hard of hearing?**

Text Dundee City Council: **078600 22 8 99**

## **You can also contact:**

Victim Support on: **01382 305707**

If they can't help, they will put you in touch with the right agency.

## **Websites:**

**[www.dundeeprotects.com](http://www.dundeeprotects.com)**

Dundee Community Safety Partnership Facebook page:

**[www.facebook.com/dundeecommunitysafetypartnership](http://www.facebook.com/dundeecommunitysafetypartnership)**

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# Protecting Children

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Every child should live in a safe place with people who love them and look after them.

Sometimes this doesn't happen and children can be harmed.

## **Children can be harmed by being:**

- hit, punched or slapped
- nipped or shaken
- shouted at
- bullied
- ignored
- looked after by unsuitable people
- touched in ways they don't like
- contacted online by adults pretending to be a child
- called 'stupid'
- made to do sexual things

## **Children may also be harmed by:**

- not being fed
- not getting cuddles if they are hurt
- not being kept clean



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## Harm can happen anywhere:

- in the child's own home
- in the home of a friend or relative
- in a day centre, nursery or school
- through internet and gaming sites
- at a club
- in hospital
- in the wider community

**No child should be harmed.  
Help is at the end of a phone line.**



If you feel a child is being harmed, phone  
Dundee's Child Protection Line on: **01382 307999**



# Protecting Adults

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**Everyone should be treated with respect and understanding.**

Sadly some adults are harmed and they can be afraid to tell anyone what is happening to them. They may not know they are being harmed.

Harm means people doing things that hurt and upset someone.

**Adults who suffer harm may be:**

- hit, pushed or scratched
- shaken
- physically hurt
- made to feel scared
- left alone for too long
- shouted at a lot
- made fun of and called names
- constantly made to feel upset
- threatened with harm

**They may also be harmed by:**

- not being fed
- not being kept clean
- not being given their medicine or given too much



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## **Adults who suffer Financial Harm may:**

- be stolen from
- not be allowed to have their own money
- be forced to give away their money or things they own
- be the victim of door step traders or other scams
- be made to re-write their will or take out a loan

## **Adults who suffer Sexual Harm may be:**

- asked to do sexual things they don't want to or don't understand
- touched in ways they don't like
- made to look at sex DVD's or photos
- made to have sex
- made to do sexual things for money, somewhere to stay, food or presents



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**This kind of harm can happen anywhere, for example:**

- in the adult's own home
- in the home of a friend or relative
- in a day centre
- in a care home
- in hospital
- in the wider community
- through internet and mobile phones

**No adult should suffer harm.  
If you see something, say something.  
Help is at the end of a phone line.**



If you, or any adult you know is at risk of harm or being harmed:

Phone the First Contact Team on: **01382 434019**  
or at night and weekends **01382 307964**



# Domestic Abuse & Sexual Violence

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People should expect to be safe and free from harm, especially in their own homes.

Anyone can be affected by domestic abuse and sexual violence.

## **People who are affected by Domestic Abuse may be:**

- mocked, humiliated and made to feel frightened
- shouted at a lot and made to feel upset
- physically hurt
- hit
- restricted as to where they can go



## **People who experience Sexual Violence may be:**

- raped
- sexually assaulted

## **Some people:**

- can become involved in prostitution, pornography or lap dancing
  - are moved from one country or place to another against their will
  - have their passports taken away from them
  - are used for sex, cheap labour or treated like a slave
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## Some men and women

- are forced to marry someone that they don't want to marry
- are forced into child marriage or
- are the victim of honour based violence

## Some women from black and minority ethnic communities:

- experience female genital mutilation

Domestic abuse and sexual violence mostly takes place behind closed doors, in people's own homes. But commercial sexual exploitation/prostitution can take place in public places including hotels and in places known as 'Brothels' or through the internet or mobile phones.

**No adult or child has to put up with domestic abuse or sexual violence.**

**Help is at the end of a phone line.**



If you, or any adult or child you know is at risk of harm or being harmed by domestic abuse or violence:

Phone **01382 307999** (for children)

First Contact Team on **01382 434019** (for all adults)

or at night and weekends **01382 307964**.

An advice line for male victims of domestic abuse:

**0808 801 0327**. It is free from landlines and most mobiles.

The National Domestic Violence Helpline for Women

**0808 2000 247**. It is free from landlines but not mobiles.

# Suicide Prevention

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When someone takes their own life through suicide it is a very difficult time for their family, friends and the community.

Research tells us that talking about suicide can save lives.

## Information is available for everyone on the Dundee protects website:

- guidance in ‘Supporting Children and Young People at risk of suicide and self harm’
- the Suicide Prevention App ‘**Suicide? Help!**’ which has information about local support services, or visit: **[www.suicidehelp.co.uk](http://www.suicidehelp.co.uk)**
- training for members of the community and support services



If you are thinking about suicide, or are worried about someone else, you can call free from landlines and mobiles to:

Samaritans - **116 123**

Breathing Space - **0800 83 85 87**

or NHS24 **111**



# Alcohol or Drugs

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## Alcohol

Drinking alcohol in a safe way is important to stay healthy. It is helpful to understand the advice from health experts about units. A unit is a measure of how much alcohol is in a drink like wine or beer.

### Recommended Government guidelines:



Both men and women should not regularly drink more than **14 units of alcohol per week**.



**Have several alcohol free days each week**

Drinking too much alcohol can harm your children, family life and work. For confidential advice about alcohol:

Phone: **Tayside Council on Alcohol - 01382 456012**

A helpful website for information about alcohol and what makes a 'unit':

**[www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

## Drugs

If you have a problem with drugs, a good place to start is to speak to your GP. If you do not feel comfortable about talking to your GP, you can speak confidentially to Addaction. They can also help if you are worried about someone you know who is taking drugs.

Phone: **Addaction - 01382 206888**

Helpful websites for information about drugs:

**[www.knowthescore.info](http://www.knowthescore.info) or [www.crew2000.org.uk](http://www.crew2000.org.uk)**

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# Protecting the General Public

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**Some changes have happened in the last few years which protect the general public.**

- Sex Offenders must tell the police their name, address, and give them finger prints, and photos
- Services work together to share information and plan how to protect the public from a person that could be dangerous
- There is a computer system for all of Britain to keep and share information on people who could be dangerous
- Members of the public (parents, guardians or carers) can ask for information if someone has contact with their children, and they are worried
- Unsuitable people are stopped from working with children and adults in Scotland
- People who live in Scotland have the right to check if their partner has a history of domestic abuse

If you are a parent, guardian or carer and have concerns about someone who has contact with your child(ren) you can contact the Police on **101** and state that your call is in relation to Keeping Children Safe/ The Sex Offender Community Disclosure Scheme.



# Dundee Safe Place Initiative

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The Dundee Safe Place Initiative has brought Keep Safe to Dundee. Keep Safe is developed in partnership with Police Scotland to help disabled, elderly and vulnerable people feel safe within their community.



Keep Safe places and safe people can be identified by this logo.

Safe people are trained to offer you some assistance if you become distressed or need some unexpected help when out and about. They can contact a person you trust or can call the police if a crime has been committed.

## Contact details for more information:

Advocating Together (Dundee) SCIO  
13 Ryehill Lane, Dundee, DD1 4DD

 01382 666601 07725235277

 [safeplace@advocating-together.org.uk](mailto:safeplace@advocating-together.org.uk)

 [www.advocating-together.org.uk](http://www.advocating-together.org.uk)

# What to do if you have concerns

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- Be alert to signs of harm
- Don't ignore it - talk about it; violence, abuse and harm can get worse when no one acts to stop it
- If you think a crime may have been committed against a person, don't question them about it. Leave that to the police.
- Remember help/advice is available at the end of a phone line.

## What you may be asked when you call:

- your name (but you don't have to give it)
- who is being harmed or is at risk of harm?
- does the person know you are phoning about your concerns?
- what are your concerns - and why?
- when did it happen?
- what did you see or hear?

Someone will usually get back to you to let you know that your call has been looked into.





[www.dundeeprotects.co.uk](http://www.dundeeprotects.co.uk)

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