

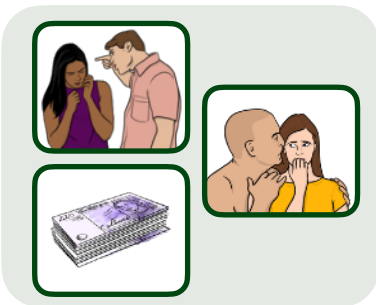
What is safeguarding?



Safeguarding is keeping people safe from harm and **abuse**.



Abuse is when someone hurts you or treats you badly.



There are different kinds of abuse - they are not all physical.



Everybody has the right to be safe from abuse.

So if you think you or someone you know is being abused, tell someone you trust.