



The individual child

If you are a child or young person who is experiencing gender based violence, is there an adult who you trust, that you can tell? Speak to them.

There will be someone at your school who is called your ['Named Person'](#). This is someone whose job it is to follow up your progress and check up if you are OK.

In primary school it is usually the head teacher. In Secondary school it is usually the guidance teacher.

You or the adult you trust should speak to this person about your concerns. It will be their job to listen to you to find out how they can help you.

They will be concerned if they think you are at risk of harm. They will need to do something to help protect you. **If you are at risk of harm just by telling, you must say that so the Named Person takes great care not to put you at greater risk of harm.**

Until you are able to tell someone and get help, these links might be helpful to you:

Childline etc



If you are a child or young person who is already accessing services in connection with gender based violence then you have a right to make comments and suggestions to help services improve.

You can tell services about:

- Things which have been helpful to you
- Things which were not helpful to you
- Things which could be helpful

Most services will have a suggestions and complaints opportunity, a comments box or board or an identified person for you to talk to.

If you want to make your comment to services across the area you can use the [questbook](#) on this website to make a comment.

Services need to listen to service users to improve their services, so it is really important way you can contribute.