



Teenhelp

menu



Well-Being - Your safety

You have the right to be safe at all times

You have the right to be safe all the time.

Being safe means living free from abuse, bullying and violence. That includes watching someone else, like a friend or family member, suffer from violence and abuse. This can mean:

- Physical - such as hitting, kicking, pushing.
- Sexual - any sexual contact you don't want, verbal or physical.
- Verbal - such as name calling, threats, stalking.

Abuse and violence are against the law. You don't have to put up with it at home, school or in a public place. It's not your fault if people are hurting you. If you don't feel safe, talk with someone you trust, like a parent, friend, relative, teacher or school guidance counsellor, youth worker or another adult you trust.

You could also make contact with one of the following support services:

- Childline - A confidential telephone service 1800 666 666 or text list to 50101
- Cari - For concerns about sexual abuse 1890 924 567
- HSE - Infoline 1890 24 1850 to find details of the social worker for your area
- Samaritans - 1850 60 90 90
- If you are ever in danger call the Guards on 999

For more information on [Domestic Abuse](#) go to this section of the website. For more details on support services available for young people, check out the [Finding Help](#) section here.