

Sailing, windsurfing and powerboating should be

# SAFE & FUN

The RYA is committed to the safeguarding of children and young people.

You have the right to feel safe and be treated with respect and should show respect to others.



If you're feeling unhappy, worried, unsafe or concerned about the way another young person or an adult is treating you or someone else, there are people you can contact who offer FREE confidential advice to you or your parents/carers, and websites to look at for information and advice:

**childline**  
ONLINE, ON THE PHONE, ANYTIME

0800 1111  
childline.org.uk

**NSPCC**

0808 800 5000  
nspcc.org.uk

**Children 1st**  
SCOTLAND'S NATIONAL CHILDREN'S CHARITY

08000 28 22 33  
children1st.org.uk

**RYA**

02380 604226  
safeguarding@rya.org.uk  
rya.org.uk/go/safeguarding

Dealing with bullying: [kidscape.org.uk](http://kidscape.org.uk)

Mental health and wellbeing: [youngminds.org.uk](http://youngminds.org.uk)

Health concerns: [healthtalk.org/young-people-experiences](http://healthtalk.org/young-people-experiences)

**Child Welfare Contact**

Club/Centre/Event:.....

Name:.....

e-Mail:.....

Phone:.....