

A quick guide to the

# CHILD PROTECTION GUIDELINE



For children and young people



Every child has the right to feel safe and  
have a happy childhood.



The abuse and neglect of children and young people is very serious and against the law. If this has happened to you, it is very important that you get the support and help you need. The Child Protection Guideline has been developed to make sure that you are listened to and receive the best possible support.



? What is abuse or neglect?

## Child abuse

is something that someone does to cause harm to a child or young person

### It can include

- **Physical abuse** - such as hitting, punching, burning, kicking
- **Sexual abuse** - forcing you to have sex; someone touching you or making you touch them. This kind of abuse can also happen online and includes making you watch pornography or forcing you to send intimate pictures.
- **Emotional abuse** - making you feel scared, worthless or unloved; intentionally ignoring you. This can occur when you are alone or in front of other people.

## Neglect

is when you're not adequately cared for; for example when you are not getting enough to eat or drink. Neglect can also include a lack of support, praise, help, love or attention.



## Who helped to develop the Child Protection Guideline?

The Child Protection Guideline was developed by many professionals that work with children and young people. Some are social workers who work in hospitals or in the Child and Youth Welfare Office, whilst other professionals like doctors, psychologists, early childhood educators or teachers have also contributed. Even though these people have different workplaces, all of these people work closely together to improve the lives of children and young people like you.

The Child Protection Guideline was sponsored by the German Federal Ministry of Health.

The Child Protection Guideline aims to help professionals understand how best to provide support and protect you.





## Everyone reacts differently to their experiences.

### Maybe you are acting like this ...

- I am self-harming
- I am fighting with others
- I am having nightmares
- I don't want to talk
- I am scared
- I want to break things
- I don't think someone can help me
- I don't think anyone understands me



### Maybe you feel like this ...

Fine



Powerless



Angry



Sad



Lonely

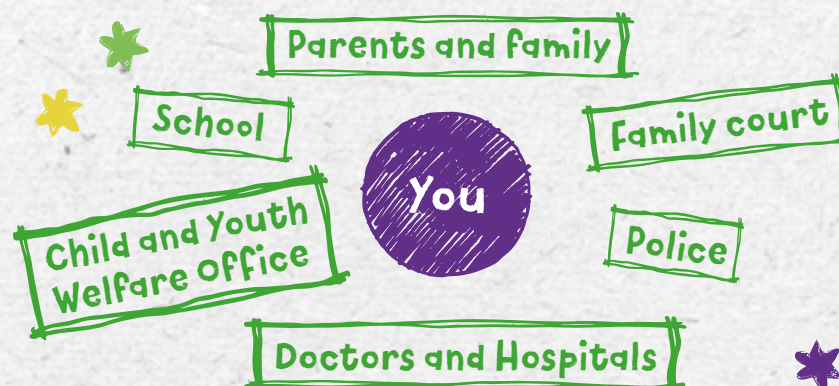
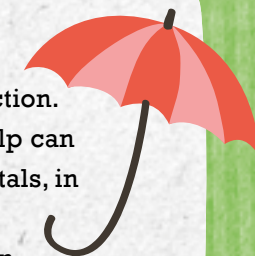


Aggressive



## Who can help you?

Many people are responsible for your safety and protection. Besides your parents, some of these people who can help can be found at the Child and Youth Welfare Office, in hospitals, in schools, the police or the family court. The Child and Youth Welfare office has a special position. They must protect you.



## What can you do?

It is often difficult to ask someone for help, but there are many professionals you can contact for assistance. For example, you could go to the hospital or Child and Youth Welfare Office to introduce yourself and tell them what has happened to you or how you are feeling.

There are also many organisations that specialise in helping children and young people affected by abuse and neglect. Many young people choose to get advice over the phone about what to do next. The people who work there can help you work out who could be the best person for you to turn to for assistance.







## Information for you



### Medical practices and hospitals

You can visit a medical practice during office hours. Hospitals are open 24 hours a day. It may be easier to go to a doctor you know.

### Hospital Child Protection Teams

Child Protection Teams are made up of several experienced people who talk to you about your situation and help find solutions. You can find them in over 150 hospitals in Germany. The addresses and telephone numbers are available via this link: <https://www.dgkim.de/kinderschutzgruppen>



### Counselling centres

In some towns and municipalities there are organisations that provide counselling for children and young people. The Internet can also help here; please visit: <https://beauftragter-missbrauch.de/nc/hilfe/beratung-und-hilfe/>

**N.I.N.A.** – Is a national infoline, network and contact point for sexual violence against girls and boys. You can ring N.I.N.A on: 0800 22 55 530

### Schools

At school you could talk to a trusted adult; this person could be a teacher, social worker or psychologist who works at your school.

### Police

The police have published a lot of information, which is available here: <https://www.polizei-beratung.de/startseite-und-aktionen/>



## What do you need to know about the Child Protection Guideline?

### People who work with children and young people should ...



- listen to what you have to say
- involve you in making important decisions – your opinion is important and should be considered
- write down in your words what you have said and make sure they have understood you correctly
- speak to you in a way that you understand – it's ok to ask if you don't understand something
- explain about **confidentiality\*** and discuss with you what may happen next to protect you, who they may have to talk to and what information they may need to share.
- ask for your permission if they need to touch you (for example, an examination) and explain what they are going to do
- work together with other professionals so that you don't need to keep re-telling your story to different professionals
- help your parents and **caregivers\***.

**\*Confidentiality:** Doctors and psychologists are also bound by medical confidentiality. This means that everything you discuss with each other is strictly confidential. Without your consent, doctors and psychologists are not allowed to talk to anyone else (e.g. with your school, the youth welfare office, your parents or other people) about what you have discussed.

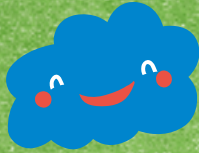
**\*Caregivers:** People who take care of you in addition to your parents.



The Child Protection Guideline should help professionals to provide better support and assist you. The guideline should also give you opportunities to get involved when it comes to you. **You are important!**







AWMF-S3 Leitlinie Kindesmisshandlung, -missbrauch und -vernachlässigung unter Einbindung der Jugendhilfe und Pädagogik

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