



If you want to report any abuse



Yorkshire Mixtures is a group for young people living in Kirklees aged between 13-19 who are lesbian, gay, bisexual or transgender, Contact them by texting LGBT YOUTH to 07979941718 or send an email lgbyouth@kirklees.gov.uk



The Base is a drug and alcohol service for under 25s in Kirklees.

They provide free, friendly and confidential support on drugs, legal highs and/or alcohol issues.

They offer one off or longer term support to meet your individual needs

Tel: 01484 451

Keep you and your friends safe from exploitation

Three top tips to keep safe

1. Trust yourself to know when something is wrong.
2. Don't trust people you don't know
3. Don't be tricked into doing things that are unsafe



Just because a drug is legal doesn't make them safe

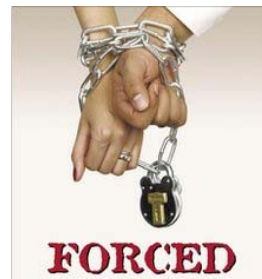
FRANK

www.talktofrank.com for information on legal highs and all other drugs

Keep yourself safe online.



Report Abuse



Forced Marriages is now a crime. If you are worried about this ring:

01924 326097 during the day, or

01484 414933 at night.

FORCED

If you feel unsafe or are upset tell your Form Tutor, Year Leader or any other member of staff. We are here to help.



Committed to helping children feel safe



Are you witnessing violence at home. You could talk to a social worker in Kirklees on 01924 326097 or 01924 326076 or visit www.thehideout.org.uk

Female genital mutilation (FGM) is against the law. If you want to talk to someone about this phone helpline 0800 028 3550. It's free, anonymous and they are available 24/7 or email:

fgmhelp@nspcc.org.uk



Kirklees Young People Friendly

Sexual Health Services for young people www.kypf.org.uk



If you are being hurt, treated in a way that makes you feel scared or unsafe you can talk to a trained social worker at Kirklees Council by ringing 01924 326097 during the day, or 01484 414933 at night.



www.barnardos.org.uk

Need to talk to someone?