



# Safe Behaviours



At the Y, you can expect adults who work here to:

**Listen** carefully to you, and always take what you say seriously

**Protect** you, and keep you safe from harm - anywhere, and at any time

**Respect** and **support** you, and always make you feel welcome and included

**Speak** to you using words that you can understand

**Follow the rules**, and set a good example for others

**Notice** if you are not feeling ok, or if you have been hurt

**Respond** quickly if they think you have been hurt, or need help

**Support** you to feel good about yourself by giving you new things to do and learn

**Be professional** and never do anything that makes you feel scared or uncomfortable

**Encourage** you to be the best you can



**National Safeguarding Unit**  
Feel Safe, Be Safe

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