

# Speak out. Stay safe. with Buddy

## School council pack



This pack is full of information about the important work of the NSPCC and lets you know how you can help by raising money.



# What does the NSPCC do?

The NSPCC is a group of people from all over the country working together to help keep children safe.

The NSPCC believes all children have the right to:

- ✓ speak out and be heard
- ✓ be safe
- ✓ get help when they need it.



## Did you know?

**1 in 20 children under the age of 11 have been neglected**

Neglect is when a child isn't loved and cared for or may not have a safe place to live, enough food to eat or clean clothes.



## Did you know?

**Childline counsellors helped 286,812 children in 2014/15**

Childline is a service of the NSPCC, and children can get in touch whatever their worry.



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# How does the NSPCC help?

### Speak out. Stay safe.

The NSPCC has a team of specially trained staff and volunteers who visit primary schools across the UK with Buddy, the schools mascot.

They share important messages in a fun, interactive way – helping children to understand what abuse is and who they can turn to for help if they need it.



### Local NSPCC centres

There are special centres across the country in England, Northern Ireland, Scotland and Wales that help children and their families to have happier lives.

In these centres we help children feel safe, comforted and more able to talk about their worries and feelings.



### The NSPCC helpline

If an adult is worried that a child is in danger, they can call the NSPCC. We're here 24 hours a day making sure children are kept safe.



### Lobbying government

This means we talk to the government and ask them to change laws to make our society safer for children.

We do this because we want all children to be safe and happy. With your support, together we can stop children being abused.



### Childline

If children or young people are worried, they can always talk to Childline, a service just for children where they can get support if they're scared or worried about anything.

Children and young people contact Childline for all sorts of reasons. Whatever the worry, Childline will listen carefully and trust whatever they are told. No problem is too big or small and they can get in touch every day of the year, at any time.

CHILDLINE  
**0800 1111**



# What children say about the NSPCC.



“

The NSPCC helps a lot of children to get a smile on their face. ”

Kitty, aged nine

“

It helped us learn more about keeping safe and happy and what to do when we need help. ”

Lucy, aged eleven, Speak out. Stay safe. assembly

“

I really enjoyed it. I liked Buddy he was cool and all my friends enjoyed it too. **BEST ASSEMBLY EVER!!!!!!** ”

A child who watched a Speak out. Stay safe. assembly

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# How you can help.

### Helping children for 130 years

**The NSPCC has changed a lot since it started, but our goal is still the same: to keep children happy and safe.**

For over 130 years, children have helped other children by raising money for the NSPCC.

In the 1880s, as a teenager, Queen Mary sent donations to the NSPCC and encouraged her friends to support the NSPCC's work. Today thousands of generous children and adults help to raise money to help keep children safe.



### Schools fundraising for the NSPCC

Since 1981 we have invited thousands of schools and children to help us by taking part in one of our activities – really putting the 'fun' into fundraising!

Since the NSPCC started we have helped millions of children. Every penny raised helps us to keep being there for children – now, and in years to come.

Please help us to help more children.



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# How raising money can help.

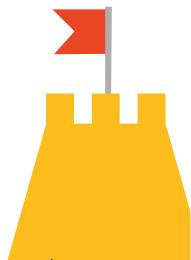
**£25**

could pay for a dolls house which children use during counselling sessions to explain how they're feeling.



**£50**

could pay for a sand tray. Playing with sand can help a child feel calm and happy again.



**£150**

could pay for us to answer 30 calls from adults and parents who phone the NSPCC helpline when they are worried about a child.



**£400**

could pay for a Childline counsellor to answer 100 calls from children who need us.



**£550**

could cover the cost of our Schools Service to reach one primary school – helping children to speak out and stay safe.



**£1,600**

could recruit and train a volunteer Childline counsellor, who in their first year will be able to help up to 250 children – whatever their worry.



**£2,800**

could help us to recruit, train and support a volunteer for their first year with the Schools Service.



**£4,000**

could provide one-to-one therapy for a child for a year, to help them recover from abuse.





You're helping us keep  
more children safe right  
across the country. Thank  
you so much for doing  
something amazing!

