

# What to do if you're worried

Sailing, windsurfing and power boating should be safe and fun.

Children and young people have a right to be treated with respect, and should show respect to others.

**If you are a young person** and you are worried about the way another young person or an adult is treating you or someone else, you can talk to the Welfare Officer for your club, class or training centre or at the event. Their name and contact details should be on their notice board or website.

RYA Safeguarding Team, tel. 023 8060 4226, [safeguarding@rya.org.uk](mailto:safeguarding@rya.org.uk)

If you would prefer to talk to someone else, you can contact these free confidential services:

Childline, tel. 0800 1111, lines open 9.00 am until midnight, or [www.childline.org.uk](http://www.childline.org.uk)

Kidscape (dealing with bullying), [www.kidscape.org.uk](http://www.kidscape.org.uk)

Staying safe online [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

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

**If you are an adult with a concern about a child**, contact your organisation's Welfare Officer, or:

RYA Safeguarding Team, tel. 023 8060 4226, [safeguarding@rya.org.uk](mailto:safeguarding@rya.org.uk)

NSPCC helpline, tel. 0808 800 5000, lines open 8.00 am - 10.00 pm Monday - Friday and 9.00 am - 6.00 pm at weekends, or e-mail [help@nspcc.org.uk](mailto:help@nspcc.org.uk) any time, or information available at [www.nspcc.org.uk](http://www.nspcc.org.uk)

If you think a child may be at immediate risk of harm, contact the Police or your local Children's Social Care department (the Emergency Duty Team number should be listed under the local authority in the phone book and on the council's website).