



[Safeguarding children | Mencap](#)

Safeguarding is a set of guidelines and actions that helps to keep children safe from abuse, neglect and exploitation. If you're worried about the wellbeing or safety of a child, there are several steps you can take.

## Outside of school

If the situation you're worried about happening outside of school, in the local community or at home, it's a good idea to talk to a trained adviser for support.

They can help you work out the best way forward for you and the child you're concerned about.

- Call the NSPCC's 24/7 helpline for help understanding how best to safeguard a child's wellbeing on 0808 800 5000.
- Call the Learning Disability Helpline for advice, on 0808 808 1111.
- [Report abuse online.](#)
- [Learn more about safeguarding children on the NSPCC website.](#)

## In school

When you talk to the teacher or head teacher about your concerns, try to stay calm and give clear examples of what has caused your worry. For example, give facts like dates, places, names, things you've noticed, or if someone has told you about their experiences.

Work with the school to resolve the problem and keep the child safe. All schools must have a safeguarding policy and a Designated Safeguarding Officer, who will know how to deal with any safeguarding concerns and take the steps needed to ensure the child's safety.

If you're concerned the school is not dealing with your safeguarding concern properly, call the NSPCC's 24/7 helpline: 0808 800 5000, or the Learning Disability Helpline: 0808 808 1111.

## Concerned about bullying?

[Take a look at our pages on bullying](#) to find out more about the different types of bullying and the support that is available if you or someone you know is being bullied.