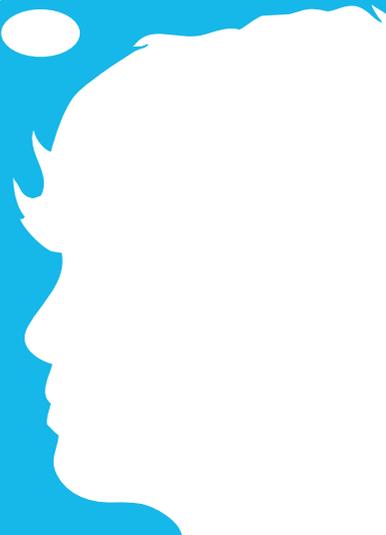


# Thinking of RUNNING away?



a guide FOR  
CHILDREN and  
YOUNG PEOPLE  
in JERSEY



DO YOU SOMETIMES  
find that  
EVERYTHING  
gets TOO MUCH?

DO YOU think  
SOMETIMES  
that the ONLY  
answer is  
RUNNING away?



PEOPLE RUN away FOR  
ALL SORTS OF REASONS.

You may be thinking of running away because of:

- Arguments with your family
- Changes in your family that you're unhappy about
- Violence at home
- Physical or sexual abuse
- Your parent's drug or alcohol abuse
- Mental health problems
- A parent's physical or mental health problems
- Problems at school, or being bullied
- Becoming pregnant
- Fear of the reaction to coming out as LGBT
- Cultural reasons (for example, your family may be trying to force you to marry)
- Being in care
- Upset or stress at home, such as a family death
- Problems with alcohol or drugs

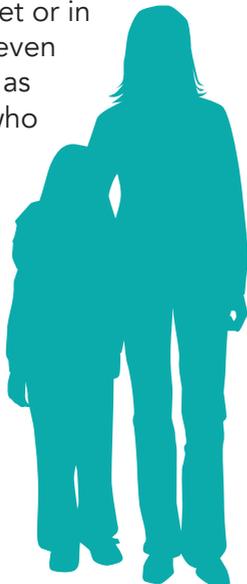
"when I spoke to my friend about running away they told me to call YES. I chatted to someone there who really understood what I was going through and they made me feel so much better about myself. I am still in regular contact with YES and pop in to see them when I can"

*Anon, St Clement*

## What are the Risks of Running away?

**Running away may feel like the answer but it can be dangerous.**

- Children and young people who run away can be hurt or harmed while they're away.
- They may do things that can put themselves in danger while away from home, like stealing or begging to survive.
- They could be talked into doing sexual acts in return for affection/cigarettes/money/drugs/alcohol/gifts.
- Many young people we spoke to had stayed with someone they had just met or slept rough. Sleeping rough is not an option. It is harmful to health and at worst can be life threatening.
- Being on the street or in an unsafe place (even someone's home as you don't know who else might live there) means there is a risk of coming to harm or something happening to you that you wouldn't like.



## What should you do if you are thinking of Running away?

- Talk to someone - ideally an adult you trust, it could be a grandparent, aunty, Youth Worker, Teacher, School Counsellor, Social Worker or even a friend's parent. See if you can find a better solution to your problems than running away.
- Talk to someone who understands the things you're going through - contact details for Youth Enquiry Service (YES) and Childline are at the end of this leaflet.

## What can you do if you're worried about someone who's thinking of Running away?

- Speak to an adult you trust as soon as possible - it could be a relative, Youth Worker, Teacher, Social Worker.
- If your friend has run away or you think they might be about to, then talk to a trusted adult ASAP so they stay safe. Find out where they might go and who with.



# Where can you go for help?



YES, the Youth Enquiry Service offers FREE confidential advice and information to anyone aged 14-25.

- eMail. [yes@yes.je](mailto:yes@yes.je)
- CALL. 01534 280530
- +ext. 07797 778424
- Visit. [www.yes.je](http://www.yes.je)
- dROP IN. St James Centre, St Helier



The States of Jersey Police can be contacted 24hrs a day and their enquiry desk is open from 7am till 10pm.



- eMail. [sojp@jersey.pnn.police.uk](mailto:sojp@jersey.pnn.police.uk)
- CALL. 01534 612612
- dROP IN. Police Headquarters



MASH is an organisation set up to oversee safeguarding concerns for children and young people in Jersey.



- eMail. [enquiries-MASH@gov.je](mailto:enquiries-MASH@gov.je)
- CALL. 01534 519000 between 9am and 5pm or out of hours via Children's Services on the hospital switchboard 01534 442000 or Police HQ 01534 612612



Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, trained counsellors are there to support you.



- CALL. 0800 1111
- Visit. [www.childline.org.uk](http://www.childline.org.uk)

This Leaflet is supported by

