

Free training to help keep children safe

Sign up now and learn how to play your part

**It's up to all of us to keep children safe.
That's why we're encouraging every
adult in the UK to Listen up, Speak up.**

When we all listen up and speak up for the people around us, we can make sure that children always come first. It might mean stepping in to help juggle childcare, providing a listening ear to a struggling teen, or calling the NSPCC Helpline if you think a child is at risk.

Our Listen up, Speak up training will show:

- **the signs a child might be at risk, and steps you can take to help**
- **how to approach difficult conversations to help keep children safe**
- **who you can contact if you're ever concerned about a child or their family.**

There are two ways to get involved:

1. Host a workshop

We can deliver an hour-long workshop at your workplace, school, club or community group. These are completely free of charge and will be delivered from February 2024 onwards. Anyone aged 18+ is welcome to attend.

To book a workshop, please contact

lauren.engall@nspcc.org.uk

2. Sign up to our 10-minute digital training

Visit our Listen up, Speak up page to find out more: nspcc.org.uk/speakup

