

## Safeguarding Children



### If a child reveals abuse to you...

It's important to make sure the child knows that you believe them. And it's vital you take the next steps to help keep them safe.

If you're worried about a child, even if you're unsure,

**contact the Tanzanian child helpline on 116,**

complete this incident reporting form or email:  
[safeguarding@citizens4change.net](mailto:safeguarding@citizens4change.net)