

# SAFE & SOUND

Transforming young lives

## Fundraise for Safe and Sound Schools Pack

Our best fundraising tips and other ideas  
on how you can help the most vulnerable  
children in our communities





# Meet Ellie ...

**Ellie - not her real name - is just one of hundreds of children and young adults in Derbyshire who have received support from Safe and Sound. This is her story in her own words -**

I was referred to Safe and Sound when I was 12 years old. I was missing a lot of school, things weren't great at home and I started hanging around the streets with a friend.

One day we met a man who much have been about 30. I started seeing him every day, he was nice to me. He invited us to his friend's house where we'd drink alcohol and listen to music. I would stay out all night - once we were in his bedroom and he started touching me and I just let him do it.

## *I thought that was normal*

When I was 13 I was sitting on some steps outside with my friend and two older men pulled up in a car. They asked us to get in the car and offered us alcohol, so we agreed. Then they parked in a car park and I got in the back seat with one of the men while my friend was in the front with the other. He was pouring vodka into a cock bottle for me and then he started touching me. I didn't understand what was going on, but I let him carry on as he'd been so nice to me.

## *Now I know that was sexual assault*

I ended up being kicked out of school and lost the support of a teacher I'd been close to. My friend and I were meeting different men every night by this stage.

Later, another man came into my life, he was older than me and at first it started with him buying me a drink and letting me stay in his flat. He would touch me but I didn't like him like that. He forced himself on me but I wasn't ready, I was 15.

## *He raped me more than once*

This didn't stop until I was 17 - I was depressed and on medication and just stayed at home. I didn't disclose anything and never went into detail.

Now I'm so much more confident thanks to Safe and Sound - when I was in that relationship, they told me I was better than that. I saw someone once a week and it started sinking in. They would tell me about what WAS happening to me and what SHOULD be happening.

I'm now out of CSE and moving on. I loved coming to Safe and Sound and I really don't want to think about what my life would be like now if I hadn't been able to get their help.

# We'll come to you...

Our amazing Support Workers also help to raise awareness of the risks and dangers of exploitation with children in schools across the county. This can range from staying safe online, knowing what a healthy relationship looks like and much more. If you'd like to organise one of these sessions, please get in touch with us

## What we can offer

We can help you with poster templates, more fundraising ideas, event planning and much more. If you have any questions, just get in touch with us on the details below and we'd be happy to help.

If you'd like to consider us as a school charity for the year or over a period of time, we'd also love to discuss that.

## We're looking forward to working with you

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