




Your Right to Feel Safe: A Teen Safety Guide



Everyone deserves to feel safe, at home, in school, and online. Your body belongs to you, and you have the right to decide what feels okay. You can say no at any time and expect others to listen. You can also change your mind whenever you need to. You should never feel pressured to keep secrets that make you uncomfortable, and you can always talk to a safe adult about anything.

Recognising Early Warning Signs

Your body may warn you when something feels wrong.

You may notice:

- Stomach aches or chest tightness
- Sweaty hands or shaking
- Fast heartbeat or feeling nervous
- Wanting to hide or leave

+ Pause and check in with yourself:

- What is making me feel this way?
- Is this situation safe, or do I need to leave or get help?
- Who is a safe adult I can talk to about this?

You don't need to ignore your feelings, even if someone tells you everything is fine.

These feelings can happen during unsafe situations, such as inappropriate touching, being shown something unsuitable or being asked to touch someone else. If something feels uncomfortable, it is **okay to say no** and **tell a safe adult**.

Body Safety

Body safety means understanding that your body belongs to you. You get to choose what kind of touch feels okay and you can change your mind at any time.

You never have to keep touch a secret, and private parts (the areas usually covered by a swimsuit) are always private; no one should ask to look at or touch them. If someone does, you should tell a safe adult right away.

It is also important to respect other people's boundaries. If they say no, you stop.

Sometimes it can be hard to tell whether a touch is safe or not.

Safe Touch

- Feels comfortable, respectful, and welcome
- Happens with your permission (you can say no anytime)
- Is not secret and doesn't feel scary or confusing
- Is appropriate for the situation
- Stops immediately if you say no

+ Examples

- High-fives, fist bumps, handshakes
- A hug you want from a friend or family member
- Medical or first-aid touch you understand, with a trusted adult nearby
- A coach briefly adjusting posture in a visible, open area with clear consent



Unsafe Touch

- Makes you feel uneasy, scared, pressured, confused, or ashamed
- Happens without permission or continues after you say no
- Is secretive ("Don't tell anyone") or involves bribes or threats
- Is too long, too close, or inappropriate for the situation
- Comes from someone misusing power or isolating you

— Examples

- Anyone touching your private parts or asking you to show them
- Tickling or hugging that continues after you say "stop"
- An adult insisting on one-on-one time in a closed room with uncomfortable touching
- Someone saying, "This is our secret," after touching or giving gifts



Online Safety

- Think before you post or share: Would I be okay if a teacher or parent saw this?
- Never send photos of yourself that you wouldn't want shared (e.g., without clothing), even if someone asks you to or says they will keep it private.
- Keep personal information private: full name, address, school, passwords, location-based photos.
- Don't accept friend requests or messages from people you don't know in real life.
- If something online feels weird or uncomfortable: **don't reply, don't share, and tell a safe adult.**

Friends, Peer Pressure & Bullying

- Real friends respect your boundaries and don't keep unsafe secrets.
- If someone pressures you to do something risky or mean, it's okay to say no.
- Bullying (in person or online) is not okay - tell a safe adult and get support.



Who Can You Turn to for Help?

It is important to identify five safe adults (e.g. a safe adult is someone you trust, who listens to you, takes your concerns seriously, and helps keep you safe without judgement) whom you can approach if you ever feel worried or unsafe, with at least one person outside your home.

Some suggestions:

+ At school


Teacher, counsellor, coach

+ At home

Parent, caregiver, older sibling, relative

+ In the community

Neighbour, youth leader, family friend, doctor



Choose people you trust and feel safe with. If the first person you speak to cannot help, keep going down your list. You deserve support.

What to Do If You're Hurt or Unsafe

- If you are in immediate danger, call 995 (emergency services).
- Tell the person “No” and try to move to a public space or near trusted people.
- Tell a safe adult as soon as you can.
- If you can't find a safe adult, go to the police or a hospital.

If a friend tells you something serious:

- Listen, believe them, and thank them for telling you.
- Don't promise to keep unsafe secrets.
- Help them talk to a safe adult.

Feeling Overwhelmed by a Past or Current Experience?

You are not alone!
There are many services available to support you:

+ **Talk to a trusted adult, teacher, or school counsellor**

+ **You can also self-refer to community services:**

- Shine Children and Youth Services
www.shine.org.sg/resilience
- Limitless
www.limitless.sg
- Crest Youth Lakeside
www.lakeside.org.sg/crest-youth-lakeside/

If you're in a crisis – having thoughts of self-harm or feeling overwhelmed:

+ **Visit the Children's Emergency at any time**

+ **Prefer phone or text support? Contact the Samaritans of Singapore:**

- 1767 (hotline)
- +65 91511767
(WhatsApp 24-hour care text)
- www.sos.org.sg

About the National University Centre for Women and Children

The National University Centre for Women and Children (NUWoC) empowers women, children, and families to lead healthier lives. It brings together the [Department of Obstetrics & Gynaecology \(O&G\)](#) and [Khoo Teck Puat – National University Children's Medical Institute \(KTP-NUCMI\)](#) at National University Hospital, working alongside [National University Polyclinics \(NUP\)](#) to strengthen continuity of care across the community.

Supported by the National University Health System (NUHS), NUWoC delivers comprehensive medical and surgical services across the life course – from pre-conception through maternal, child, adolescent, and women's health.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI has established an integrated outpatient facility offering medical, diagnostic, and rehabilitation services for children. NUWoC is Singapore's only public specialist centre providing paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children's Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1

KTP-NUCMI

Location NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry +65 6772 5736
Appointment Line +65 6908 2222
Email ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location NUH Medical Centre, Zone B, Level 9
Operating Hours 8am – 5.30pm (Mon to Fri)
Appointment Line +65 6772 5030
Email cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22
Operating Hours 9am – 11pm daily (including public holidays)
General Enquiry +65 6219 1538
Email childreucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6665 2530 / 2531
Email cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6769 4537/4637
Email cdu@nuhs.edu.sg

Clinic A22 NUWoC Children's Clinic @ NTFGH

Location Ng Teng Fong General Hospital
Tower A – NTFGH Clinics, Level 2
Operating Hours 8.30am – 5.30pm (Mon to Fri)
Appointment Line +65 6908 2222
Email appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital

Ng Teng Fong General Hospital

Alexandra Hospital

Tengah General and Community Hospital (upcoming)

Jurong Community Hospital

National University Polyclinics

Jurong Medical Centre

National University Cancer Institute, Singapore

National University Heart Centre, Singapore

National University Centre for Oral Health, Singapore

NUHS Diagnostics

NUHS Pharmacy



Scan the QR code for more information on our patient care institutions.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuhs.edu.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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