

**Standards for the Protection of Minors
in a shortened version intended for minors**

An important activity of Nicolaus Copernicus University in Toruń is to create conditions for effective assistance in situations that are difficult for you, in situations in which you may suffer abuse or violence against yourself, as well as in situations when you witness such behaviour, especially when you are on the University premises.

To ensure your safety, a very important document has been developed at the University, - "Standards for the Protection of Minors". It is an expression of concern for your protection in situations where you feel hurt or harmed. We understand this concern as special care for your dignity and for your physical and psychological well-being. The applicable Standards have been developed in a complete version and an abbreviated version designed just for you.

If something has happened to you at home, at the University, or elsewhere that you do not approve of, something that bothers, worries, saddens you, or someone has hurt you or behaved in an inappropriate way, or in a way that you do not approve of, feel free to tell us about it and ask for help from any of the University staff. We will try to solve the problem in such a way that you are safe. Even when we are busy and tired, we do not have time to talk to you longer, please do not be discouraged. In such a situation, we will do our best to point you to someone who can answer your questions, solve your problem or take care of you in case of need.

Since you are important to us, please remember that:

- 1) you have the right to be protected from physical, psychological, sexual violence and any neglect;
- 2) you have the right to live without violence and humiliation, and the right to be protected from violence means that beatings and humiliations, psychological harm, abuse, cruel and degrading treatment are unacceptable and punishable;
- 3) no one has the right to beat you, persecute you or use you for sexual purposes;
- 4) you have the right to be protected from all forms of harm, including in particular sexual abuse;
- 5) no one has the right to touch you in a way you do not wish and to persuade or force you into sexual contact;
- 6) no one has the right to engage you in the production and trade of drugs, or to force or persuade you to take them, and the Police, teachers and other services are responsible for protecting you from access to them;
- 7) you have the right to live without exploitation and abuse, no one can force you to do anything that harms you, especially something bad, no one can force you to work beyond your strength, or exploit you for profit in any other way;
- 8) you also have the right to seek all help, whenever you are being wronged;
- 9) you can tell us how we should address you;
- 10) you have the right to know the name of the person you are in contact with at the University and what they do, and if they forget to introduce themselves, you can ask them.

Much depends on you, so always remember to:

- 1) behave in a cultured manner;
- 2) respect others, including your peers;
- 3) follow the rules and regulations in force;
- 4) follow the instructions of our employees.

IMPORTANT PHONE NUMBERS

Children and Youth Helpline
116 111

24/7 helpline for children, youth, parents and teachers
800 080 222

Anti-Depression Forum Helpline
22 594 91 00

Children's Helpline
800 12 12 12

Psychological Helpline
22 425 98 48

University Centre for Personal Support and Development
56 611 49 33