

Standards for the Protection of Minors in an abridged version for minors

An important activity of Nicolaus Copernicus University in Toruń is to create conditions for effective help in situations that are difficult for you, in situations where you may be experiencing abuse or violence, as well as in situations where you witness such behaviour, especially if you are on 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 you are being harmed or hurt. 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 abridged version designed specifically for you.

If something that you don't accept, something that bothers, worries or saddens you has happened to you at home, at the University or elsewhere, or someone has hurt you or behaved in an inappropriate way or in a way that you don't accept, feel free to tell us and ask any member of University staff for help. We will try to resolve the problem in a way that keeps you safe. Even when we are busy and tired and do not have time to talk to you for longer, please do not be discouraged. If we do, we will try to signpost you to someone who can answer your questions, solve your problem or look after you if you need help.

And since you are important to us, please remember that:

- 1) you have the right to be protected from physical, psychological, sexual violence and neglect of any kind;
- 2) you have the right to live free from violence and humiliation. The right to protection from violence means that beatings and humiliation, psychological harm, abuse, cruel and degrading treatment are unacceptable and punishable;
- 3) no one has the right to beat, harass or sexually abuse you;
- 4) you have the right to be protected from all forms of harm, in particular sexual abuse;
- 5) no one has the right to touch you in a way you do not wish and to solicit or coerce you into sexual contact;
- 6) no one has the right to involve you in the production and trafficking of drugs, or to coerce or persuade you to use them, and the Police, teachers and other services are there to protect you from access to them;+
- 7) 7) you have the right to live your life without being exploited or taken advantage of, no one can force you to do anything that harms you, especially something wrong, nor can anyone force you to work beyond your strength or exploit you economically in any other way;
- 8) you also have the right to seek any help you can, whenever you are being harmed;
- 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.

A lot depends on you, so always remember to:

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

IMPORTANT PHONE NUMBER

Child and Adolescents Helpline

116 111

24-hour Helpline for Children, Adolescents, Parents and Teachers

800 080 222

Anti-Depression Helpline Anti-Depression Forum

22 594 91 00

Children's Helpline

800 12 12 12

Psychological Support

22 425 98 48

University Centre for Support and Personal Development

56 611 49 33