

NSPCC

**Listen up
speak up**

Free training to help keep children safe

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to take our 10-minute digital training.

Our **Listen up, Speak up** training will show some signs a child might be at risk, and what you can do to help.

Sign up to our 10-minute digital training:
[**nspcc.org.uk/speakup**](https://nspcc.org.uk/speakup)

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