Michael Stewart visits East Craigs Primary to see how ChildLine is protecting local children from abuse.

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Former Hearts, Hibs and Manchester United player Michael Stewart joined primary six and seven pupils at East Craigs Primary School this week to see NSPCC Scotland's ground breaking ChildLine Schools Service in action.

The former pupil, turned local hero, took a trip down memory lane as he went back to school for the day, to see first-hand how the Schools Service helps to protect children from abuse. Delivered by specially trained local volunteers, in partnership with schools, the pioneering service is designed to arm pupils with the knowledge to protect themselves from abuse and neglect.

Michael sat in on the special assembly to see how 'Buddy', the cuddly ChildLine mascot, helps pupils to think about what might be in the 'bag of worries' some children carry around. After speaking about the types of abuse, the children were then told how to stay safe and where they could go if they ever need help.

He saw how the interactive assemblies, which are followed by interactive classroom-based workshops, ensure messages are reinforced and retained.

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The assemblies and workshops equip children with the ability to recognise signs of abuse or neglect, the confidence to speak out and the knowledge to know who to turn to. By going into every primary school in Scotland to speak to children face-to-face, the ChildLine Schools Service can help us to protect a generation and give vulnerable children a brighter future.

Launched last year, the ChildLine Schools Service will visit every primary school across Scotland by 2016. The Service has already visited over 33,000 children in 650 primary schools across Scotland and has proved incredibly popular with parents, teachers and children.

By sending specially trained volunteers to every primary school, in every community, to talk to children face-to-face, the schools service will help to protect a generation from abuse. They are helping children to understand abuse, giving them the confidence to talk and showing them who is ready to listen.

Primary 7 teacher, Sharon Dime, said: "The ChildLine Schools Service is fantastic. The assemblies and workshops offer an age-appropriate way to teach children about abuse and neglect. By teaching children how to spot the signs of abuse and giving them the confidence to speak out, the service supports our efforts to ensure pupils know who to turn to if they ever need help."

To support the campaign, visit www.nowiknow.org.uk/scotland

To find out more about the ChildLine Schools Service and the volunteering opportunities available visit www.nspcc.org.uk/schoolsservice

Children and young people can contact ChildLine on 0800 1111 or visit www.childline.org.uk