

Self-Harm

Key Information:

Around 10% of young people self-harm, you are not alone. It is possible to live without self-harm and it is important that you know you won't always feel the way you do now. The problems that are causing you to self-harm can, with help and support, become more manageable over time or even go away. Things can and do get better!

Distraction Techniques:

- Stretch and squeeze blue tac to relieve tension
- Write down your thoughts and then rip up the paper
- Ping an elastic band on your wrist
- Listen to music you like or watch a favourite film
- TALK to someone

Help available:

- Talk to a trusted adult - a parent, relative, teacher, youth worker
- Go to your GP
- Download and use calm harm (app)
- Visit www.youngminds.org.uk a leading charity committed to improving the emotional health and mental wellbeing of young people
- Visit www.selfharm.co.uk a website for young people impacted by self-harm
- Call Young Minds: 0808 802 5544
- Call Get connected: 0808 808 4994



Low Self Esteem/Depression

Key Information:

Low self esteem is often a factor that contributes towards low mood or depression. In turn depression knocks confidence further, meaning there is often a constant negative cycle.

Young people often describe a difference between how they portray themselves (acting confident and outgoing) and how they feel (the real them).

It is important to distinguish between depression/low mood as an illness and your personality and sense of self. This view can help see depression as something that can be treated and overcome. And it can be!

Test YM to 85258 - free, 24/7 crisis support across the UK if you are experiencing a mental health crisis

Help available:

- Talk to a trusted adult - a parent, relative, teacher, youth worker
- Go to your GP - there are medical options available to treat depression and low mood
- counselling
- Visit the website healthtalk.org/depression-and-low-mood
- Visit www.youngminds.org.uk a charity helping to improve the emotional health and mental wellbeing of young people

Helpful Techniques to use:

- Keep a diary of how you are feeling
 - Keep active - exercise releases endorphins
 - Be creative - offload those feelings
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Suicidal Thoughts

Key Information:

Suicidal thoughts are common and many people experience them when they are going through stress or experiencing depression. In most cases these are temporary and can be treated. Most people who experience suicidal thoughts do not carry it through. Causes for Suicidal thoughts can include depression, anxiety, eating disorders, such as anorexia and substance abuse.

Tips for coping right now

Try not to think about future - just focus on getting through the day

Stay away from drugs and alcohol

Get yourself to a safe place, like a friends house

Be around other people

Do something you enjoy

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker.
- Go to your GP for an emergency appointment
- Call 111 out of hours
- Samaritans www.samaritans.org or call them on 116 123
- Childline www.childline.org.uk
- Call 0800 1111



Drug Abuse

Key Information:

Drugs can have a serious impact on your mental health, physical health, relationships, education, safety and, ultimately, your future life chances.

Being under the influence of drugs can make you act and behave differently to how you might ordinarily behave; this might include getting into situations which you wouldn't ordinarily put yourself in, taking risks you wouldn't ordinarily take – such as getting into fights, risky sexual encounters, getting into trouble with the police or putting yourself at risk in other ways such as being in places that aren't safe or associating with people who could exploit you or cause you harm.

Help available:

- <https://teens.drugabuse.gov/teens/drug-facts>
- Text the school nursing team ChatHealth on 07507 331 525
- www.talktofrank.com
- <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help>
- <https://www.compass-uk.org/services/warwickshire-cypdas>
- Speak to your GP
- Talk to a trusted adult, parent, relative, teacher or youth worker.





Alcohol Abuse

Key Information:

When teens drink alcohol it affects their brains in the short-term. Repeated drinking can also have an impact on the brain long-term effecting how it grows and develops. It affects inhibition, memory, decision making, aggression and coordination.

Alcohol can be the cause of further problems such as:

- Deaths
- Injuries
- Risky behaviours due to impaired judgements
- Sexual and Physical assaults

Alcohol is a factor in the deaths of 4300 people under 21 each year.

Help available:

- Text the school nursing team ChatHealth on 07507 331 525
- Visit the website:
<https://teens.drugabuse.gov/drug-facts/alcohol>
- <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help>
- <https://www.compass-uk.org/services/warwickshire-cypdas>
- Talk to a trusted adult, parent, relative, teacher or youth worker.





Smoking

Key Information:

Smoking is a hard habit to break because tobacco contains nicotine (a very addictive chemical). There are lots of chemicals in tobacco that are bad for your health. Smoking can lead to many health problems such as:

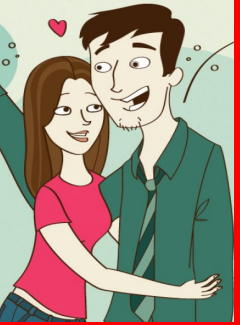
-heart disease -strokes -lung damage -cancer

Teen smokers can be affected by the following:

-bad breath
-bad smelling clothes and hair
-not keeping up in sports and PE
-greater risk of injury and slower healing time
-more likely to get ill e.g colds/flu

Help available:

- Text the school nursing team ChatHealth on 07507 331 525
- Download an app to help you quit, there are lots of free ones available such as KWIT
- Speak to your GP
- <https://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide/>



Risky Sexual Behaviours

Key Information:

Risky sexual behaviours can include underage sexual activity, unprotected sex, frequent change in sexual partners and engaging in sexual activities under the influence of drugs or alcohol.

-Unprotected sex can lead to sexually transmitted diseases, young people have the highest diagnosis rates in the UK.

-The UK has the highest teenage birth and abortion rate in western Europe.

-Drugs and alcohol lower your inhibitions so you are more likely to engage in things that you wouldn't usually.

Help available:

- Visit your GP
- St Cross sexual health clinic **0300 123 6644**
- Text the school nursing team ChatHealth on 07507 331 525
- Talk to a trusted adult, parent, relative, teacher or youth worker.
- Visit www.healthforteens.co.uk/sexual-health for information about sexual health for teens



Sexual Harassment

Key Information:

Sexual harassment is unwanted behaviour of a sexual nature.

It can include:

- flirting, gesturing, making comments about a person's body
- asking questions about someone's sex life
- telling sexually offensive jokes
- emailing/texting/messaging sexual content
- having pornographic or sexual images on phone/computer
- unwanted sexual contact or rape
- touching somebody against their will including hugging

What some people might consider as joking or 'banter' can still be sexual harassment if the behaviour is of a sexual nature and it's unwanted.

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
- Visit www.stompoutbullying.org/get-help/teens-what-do-about-sexual-harassment
- If you are in danger call the police on 999
- If you are not in immediate danger contact the police on 101
- <https://www.victimsupport.org.uk/crime-info/types-crime/sexual-harassment>
- Call victim support free phone support line 08 08 16 89 111



Online Bullying

Key Information:

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets. For example on social networking sites, messaging apps, gaming sites and chat rooms such as Facebook, Xbox Live, Instagram, YouTube, Snapchat and other chat rooms.

56% of young people have seen online bullying

42% of young people felt unsafe online

Help Available:

- Visit <https://www.bullying.co.uk/cyberbullying/>
- Call 0808 800 2222 confidential bullying helpline
- Talk to a trusted adult, parent, relative, teacher or youth worker



Screenshot any offensive or harassing messages



Make sure your privacy settings are set so only people you know and trust can see what you post



Avoid further communication with or retaliation to those sending the messages



Report the incident(s) to internet service providers' websites and/or social media sites



Talk to a parent, carer, teacher or friend if you are concerned or contact victim support



Criminal Exploitation

Key Information:

Criminal exploitation is where children and young people are manipulated and coerced into committing crimes (It is a type of child abuse).



1. 'FRIENDSHIP'



2. TRUST



3. THREAT

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
- Go to the police - 999 if you are in immediate danger or 101 if your not
- <https://www.fearless.org/> report crime anonymously
- Call ChildLine on 0800 1111. It is a free, confidential helpline for young people
- Visit <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/> for more information



Child Sexual Exploitation

Key Information:

Child sexual exploitation (CSE) refers to a form of child sexual abuse. It is where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child under the age of 18 into sexual activity. This is usually in exchange for something the exploited adolescent wants or needs. For example, money, drugs, new clothes and electronics or for increased status. The exploited adolescent may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
 - Talk to counsellors through ChildLine on 0800 1111
 - Get Connected on 0808 808 4994 (text 80849).
 - Go to the police - 999
 - Visit - <http://csethesigns.scot/>
 - www.thinkuknow.co.uk about keeping safe online
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What is county lines?

What is County Lines:

A group (not necessarily a gang) creates a network usually between an urban area and a county location. They use this network to supply drugs (usually heroin, crack cocaine and cocaine) into the county. Young people are given a mobile phone, on which orders are placed. This is controlled by a remote party who is “higher up the chain”.

The group exploits young or vulnerable people to store, supply and move drugs and cash. They can take over properties of these young or vulnerable people and use the home as a base (it is called cuckooing). The group is inclined to use intimidation, violence and weapons, including knives, corrosives and firearms to get what they want.

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
- Call ChildLine on 0800 1111. It is a free, confidential helpline for young people
- Go to the police. If you are at immediate risk of danger call 999. If you are not at immediate risk visit the local police station or call 101
- Visit www.gettingiton.org.uk/county-lines for further information about county lines



Neglect

Key Information:

Neglect in its simplest form is “failing to care properly”

Child neglect is a very common type of child abuse, it is a pattern of failing to provide for a child’s basic needs. Which include adequate food, clothing, hygiene, or supervision. Child neglect is not always easy to spot. Sometimes, a parent might become physically or mentally unable to care for a child, such as in cases of serious illness or injury, or untreated depression or anxiety. Other times, alcohol or drug abuse may seriously impair judgment and the ability to keep a child safe.

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
 - Call ChildLine on 0800 1111. It is a free, confidential helpline for young people
 - Visit <https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/neglect/> for more information about neglect and how to report it and who to talk to
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Physical Abuse

Key Information:

Physical abuse is when someone hurts you. This could be hurting you with their hands, feet or an object. Some examples are:

- hitting, smacking and slapping
- punching and kicking
- pinching, scratching and biting
- scalding/burning
- throwing things at you
- making you swallow something that makes you feel ill
- hair pulling
- suffocating you
- shaking
- spitting at you

It's important to remember that Physical abuse is always wrong and it's not your fault.

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
- Call ChildLine on 0800 1111. It is a free, confidential helpline for young people
- Visit <https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/physical-abuse/> for more information about neglect and how to report it and who to talk to
- Call the police on 999 if you are in immediate danger

**AT HOME
SHOULDN'T
MEAN 
AT RISK**

Domestic Abuse

Key Information:

Domestic abuse is when a grown-up threatens, bullies or hurts another adult in the family. Sometimes it's called domestic violence.

Physical violence: Like hitting, kicking, punching, pushing.

Threats: This includes threatening to hurt you, another person in your family, or a pet. Or threatening to stop money for food or bills.

Sexual violence: Making another person do something sexual when they don't want to, or making someone watch sexual material.

Controlling someone's finances: This includes not allowing somebody to spend their own money. Or not giving them money for basic things such as food, nappies for babies, or clothes.

Controlling someone's life: This could include stopping someone from going to work or school.

Cultural or 'honour' violence: This includes being hurt or abused as a punishment for something that's not seen as culturally acceptable by your community or family.

Help available:

- Visit [gov.uk/domestic-abuse](https://www.gov.uk/domestic-abuse)
 - Talk to a trusted adult, parent, relative, teacher or youth worker
 - Call ChildLine on 0800 1111. It is a free, confidential helpline for young people
 - Visit <https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/physical-abuse/> for more information about neglect and how to report it and who to talk to
 - Call the police on 999 if you are in immediate danger
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*not all
wounds
are
visible*

Emotional Abuse

Key Information:

Emotional abuse is any kind of abuse that is emotional rather than physical. There are a variety of types that can be classed as emotional abuse such as:

- Intimidation & threats
- Criticism
- Undermining
- Being made to feel guilty
- Telling you what you can and cannot do

Signs of Emotional abuse

- Struggling to cope with emotions
- Have difficulty making/keeping relationships
- Lack of social skills
- Have extreme outbursts
- Act in a way that is not appropriate for their age

Help available:

- Talk to a trusted adult - a parent, relative, teacher, youth worker
 - <https://www.nspcc.org.uk>
 - NSPCC 0808 800 5000
 - Respect 0808 802 4040
 - Childline 0800 1111
 - <https://www.childline.org.uk>
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Personal Hygiene

Key Information:

Good personal Hygiene is good for both health and social reasons. It requires keeping your hands, head and body clean so as to stop the spread of germs and illness. The simple act of washing your hands stops germs from spreading.

For good personal hygiene follow these basic habits:

- Wash your hands
- Bath regularly, wash body and hair often
- Trim your nails
- Brush and floss your teeth

Side effects of poor hygiene

- Scabies
- Head lice
- Diarrhea
- Athlete's foot
- Ringworm

Help available:

- Text the school nursing team ChatHealth on 07507 331 525
- <https://www.healthline.com/health/personal-hygiene>
- Download an app to help you quit, there are lots of free ones available such as idohygiene
- Speak to an Adult or your GP



Prevent

Key Information:

Prevent is part of the government's counter-terrorism strategy. The aim of Prevent is to reduce the threat from terrorism by stopping people becoming terrorists or supporting terrorism.

Prevent provides support and re-direction to vulnerable individuals at risk of being groomed into terrorist activities before any crimes are committed. Prevent is striving to be successful in eliminating the threat from violent extremism, build trust in communities, work in partnership with them and empower those at risk to make positive life choices. Prevent is working to reduce ALL types of extremism.

Extremism – vocal or active opposition to British values, including democracy, respect for the rule of law, tolerance of other faiths, respect for individual liberty and the rights of others.

Radicalisation - usually a process not an event

Help available:

- Talk to a trusted adult, parent, relative, teacher or youth worker
- Call ChildLine on 0800 1111. It is a free, confidential helpline for young people
- Call 111 and speak to the police
- <https://learning.nspcc.org.uk/safeguarding-child-protection/radicalisation>

Sexting and indecent images

Key Information:

Sexting means sending Indecent images of yourself or others. Girls may Sext as a Joke, as a way of getting attention or because of peer pressure. Lads sometimes blame “pressure from friends”. For some it's almost become normal behaviour or a way of seeming cool, flirting or being popular. One picture sent can easily be forwarded to friends, posted online or printed and distributed. An image sent to a boyfriend or girlfriend could lead to problems after a break up.

Indecent examples are:

Naked pictures

Topless pictures of a girl

Pictures of genitals

Sexual pictures in underwear.

What the Law says:

It is a crime to possess, take, make, show anyone an indecent image of a child under the age of 18.



Help available:

- If you have been asked to send an image of yourself, think first of “who will see this”
- Talk to a trusted adult, Parent/Carer, Teacher
- Childrens 1st Parent line 08000282233
- Child Law advice 0300 330 5485
- Child Line 0800 1111
- www.childline.org.uk
- NSPCC 0808 800 5000
- Email help@nspcc.org.uk
- psni.police.uk/sexting_the_law