



Children safe in Newham Information for parents and carers

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Newham London



Information for parents and carers

Children are best able to overcome the challenges of growing up when they have a good understanding of it's positive aspects as well knowing how to navigate challenges that they may encounter as they journey through childhood.

We know that children and young people in Newham can at times feel unsafe and need to be empowered with information and awareness about situations where there may be potential

risks. These risks could be online, in the community, or when choosing the right peer group.

This leaflet aims to provide information on ways that you can support your child and empower them to stay safe.

As a parent or carer, supporting your child to enjoy life and stay safe is an ongoing process which continues as your child goes through childhood into adolescence.

Encouraging your child to talk about the positives of their life is a great way to start conversations and an opportunity to start to explore some of the things that they may be concerned about.

Useful resources

To report a concern regarding a child experiencing or at risk of exploitation contact:

If you are concerned that your child or a child that you know is experiencing exploitation, professionals are available to help, please report your concerns:

Newham Children's Social Care: 020 3373 4600

Report child exploitation to the police by calling 999 if there is immediate danger, otherwise dial 101

Some of the things that can help to keep your child safe include:

- Make sure that your child knows that they can talk to you, ask them how you can help and be ready to help them to find other sources of support.
- Encouraging your child to get involved in constructive activities.
- Your child has healthy, supportive friendships
- Your child attends school regularly.
- Having a positive relationship with a trusted adult who can help if they feel unsafe
- Helping your child to know how to keep safe in the community and online
- There are many services and positive activities that children and young people can access in Newham.

For more information visit:

<https://www.newham.gov.uk/children-families/activities-young-people-newham>

Family Information Service: provides information and sign posting to services that supports families in Newham, including details of local childcare and early years provision in your area

www.families.newham.gov.uk

Newham Headstart: HeadStart is for 10-16 year olds living in Newham to help build their resilience and improve their wellbeing. Information and help for parents to support their child also available

www.headstartnewham.co.uk

Newham SENDIASS: support for parent/carers, children and young people 0-25, with issues relating to their special educational needs and disability (SEND) rights and provision.

Tel: 0203 373 0707 or email sendiass@newham.gov.uk

Information and advice on keeping your child safe:

NSPCC provides advice and handy tips on ways to keep children safe:

www.nspcc.org.uk/keeping-children-safe

NSPCC have some great tips on having conversations with your child:

www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics

Online Safety

Simple, bitesize info and advice on the latest apps, games and social media sites

www.net-aware.org.uk

A hub of advice, essential tips and information about parenting in the digital world

www.parents.parentzone.org.uk

CEOP works to keep children safe from sexual abuse and grooming online. If you are worried about the way someone has been communicating with your child online you can make a report via the website.

www.ceop.police.uk/safety-centre

Information and resources on keeping safe online for children and young people and parents.

www.thinkuknow.co.uk

Support for children and young people:

Childline provides information, advice and a listening ear both over the phone or online for children and young people

Tel: 0800 1111 or visit www.childline.org.uk

You&Co (Victim Support): support for children and young people who have experienced crime. Support also available for parents

Tel: 0808 16 89 111 or visit www.victimsupport.org.uk/help-and-support



Getting help anonymously:

Sometimes children and young people feel more comfortable about getting help without sharing their identity.

Fearless.org: If a child wishes to report exploitation anonymously they can do so via the Fearless.org website. Fearless also provides non-judgmental information and advice about crime and criminality

www.fearless.org/anonymous (if a child is in immediate danger the police should be contacted on 999).

Kooth: If your child would like to access anonymous emotional support/counselling: www.kooth.com

Child Exploitation

Child Exploitation is where children and young people are encouraged, trapped, forced or persuaded to carry out acts for the benefit of a person or a group of people (this can be organised criminal groups or gangs).

It usually involves the child/young person receiving something in return such as alcohol, cigarettes, gifts, money, drugs and affection.

Children and young people can be exploited by adults; but can be exploited by other children/young people too. This is known as Peer on Peer Abuse.

Often when children become exploited they and those around them may not realise it as it happens via a process called 'grooming'. This is where someone builds a relationship, trust and emotional connection with a child or young person so that they can manipulate, exploit and abuse them.

It is important to remember that exploitation can happen to anyone.

Some children/young people who may be facing particular circumstances may be more vulnerable to exploitation.

Changes in your child's behaviour can be a normal part of the process of child and adolescent development. However, there are some circumstances where changes in behaviour are an indication that something is wrong. In these situations, you should Trust your instinct – if things don't feel right, they probably are not.



Below is a list of warning signs that a child may be being exploited.

- Skipping school
- Staying out late or overnight
- Unexplained gifts/new possessions
- Drugs and alcohol misuse
- Secretive behaviour
- Inappropriate or sexualised behaviour
- Friendship or relationships with older adults
- Significant changes in mood or behaviour changes in appearance (clothes, hygiene, etc).
- Becoming withdrawn or isolated, poor mental health/self-harm etc.
- Lots of time spent on social media talking to 'friends' they haven't met or that you don't know.
- Unexplained injuries
- They own a second mobile phone from which they are receiving a high volume of calls or need to leave urgently after receiving a text/call



Circumstances which may make a child or young person vulnerable to being exploited.

- Regularly going missing from home
- Connected to other vulnerable young people known to be exploited and/or involved in gangs.
- Have a learning difficulty or a Special Educational Need
- Misusing drugs and alcohol
- Poor mental health
- Experience of abuse at home including witnessing violence
- Concerns about being involved in crime/anti-social behaviour

If a child is experiencing this, it does not mean that they will be exploited. However, it is important to remain aware of the possible warning signs, maintain positive communication with your child on how to keep safe and stay curious about what they do and who they spend time with.

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process of child and adolescent development. However, there are some circumstances where changes in behaviour are an indication that something is wrong. In these situations, you should Trust Your Instinct – if things don't feel right, they probably are not.

If you think your child is experiencing exploitation do not try to deal with the issue alone. Help and support is available.

If you are concerned that your child or a child that you know is experiencing exploitation, professionals are available to help, please report your concerns:

**Newham Children's Social Care:
020 3373 4600**



**Newham
Together**

**The best place
for Children and
Young People**



Newham London

A 'Centre of Excellence' in Children's
Social Care by 2023

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www.newham.gov.uk