



Safeguarding Children and Young People in County Durham

Annual Update for Young People
2017

Safeguarding is everyone's responsibility

Annual Update for Young People

Section I – Safeguarding Overview

Safeguarding Overview

LSCB Priorities

Reporting Concerns



What is safeguarding?

Safeguarding is about keeping children and young people **safe** and **protecting** them from **harm**, while making sure they grow up in a safe environment.



What does the LSCB do?

We promote the **welfare** of children and young people, **safeguarding** them from harm and **protecting** those children who are at significant risk of **harm or neglect**.



What does it mean for me?

Agencies including the Councils' Children and Young People's Services, the Police, Schools and Colleges and Health Services such as GPs, Hospitals and Health Visitors are **all here to help**.

Our Vision: Every child and young person in County Durham feels safe and grows up safe from harm

Annual Update for Young People

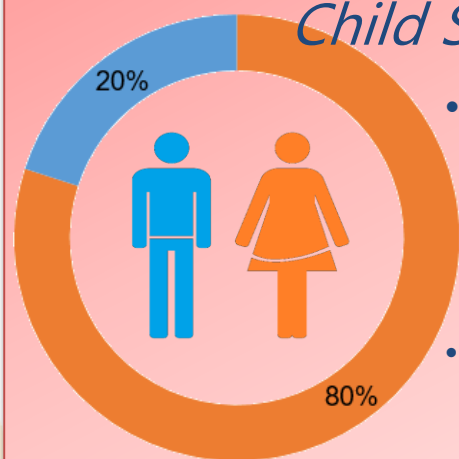
Section I – Some facts and figures about Safeguarding

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Child Sexual Exploitation



- **Online Grooming** is the most common model
- Of those young people targeted **80% are girls**
- The **average age** of victims is **12 yrs old**



Self Harm

LOWER



The number of 10-24 year olds admitted to hospital for self-harm is lower than the England average

(Public Health Profiles)

Suicide is the **biggest killer** of young people – male and female – under 35yrs in the UK (www.papyrus-uk.org)

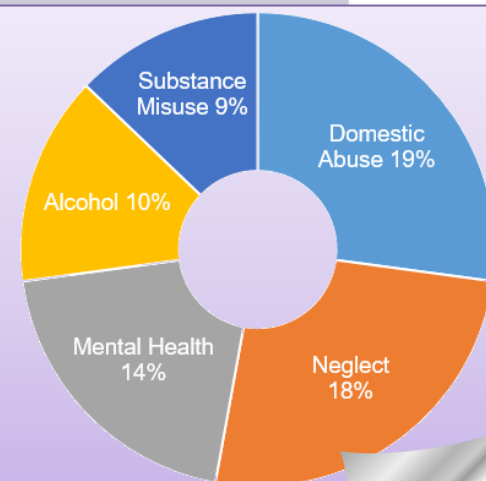
Early Help

- **40% increase** in the families receiving early help
- Over **1160 early help plans completed** with a successful outcome



Neglect

Domestic Abuse is the main parental **risk factor** leading to children becoming subject of a **Child Protection Plan**



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Section 2 – LSCB Priorities

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The Durham Local Safeguarding Children Board agreed the following **priorities for 2016/17**

Reducing
Child
Sexual
Exploitation

Improving
Early Help

Reducing
Neglect

Reducing
Self-Harm

Increase
the Voice
of the
Child

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Section 2 – Priority: *Child Sexual Exploitation*

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What is Child Sexual Exploitation?

- Child Sexual Exploitation (CSE) is a form of **child abuse**
- It can happen to anyone who is **persuaded, bullied or forced** into having **sex or sexual activity** such as taking and sharing naked photos of themselves
- This can be in return for things like **alcohol, money, drugs** or other gifts
- It can happen **online and face to face**
- It **ruins lives** and has serious **long-term effects** on young people and their families



The film **Jigsaw** is a story about a young girl called Becky who likes to use **online social media** to share information and photos of herself and her friends. Becky has been **talking** to somebody who she believes to be **another child**. It turns out to be a man who has **lied to her**.

Get Help

There are people who know how to help children and young people in this situation.

They will believe you. There is a way out.

Ring the Police 101

If you are not ready to report something you can speak to Childline 0800 1111



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Section 2 – Priority: *Child Sexual Exploitation*

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What does Child Sexual Exploitation mean for me?

The video below is a local victim's experience of being exploited.

Things changed Taken in
Reward with drink Victim Lonely Inside my head
Showered with presents Couldn't see it was wrong
Power and control Hooked on you If I loved you
Caring ways Stranger Replaced by coldness
Surrender to you Puppet in your game
Silent tears Love turned into threats
Fear Nowhere to turn Trapped
Loved Something changed
Spoken out Didn't judge
Respect Future
Safe Choice

*'I am really pleased that
someone is listening to
me. I didn't think anyone
believed me'
(CSE Victim)*



In **school sessions** young people told us that these were some of the things that people use to **manipulate** a young person in to **sexual activity**

Buying or
giving you
alcohol

Offering
you money

Taking you
out to
places

Buying you
presents

Hurting or
threatening
to hurt you

Giving you a
place to
stay

Telling you
that they
love you

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Section 2 – Priority: *Improving Early Help*

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What is Early Help?

- Early Help is just a phrase we use to explain one of the ways to **support families** who are **having a hard time**
- Every year many families face difficulties; **talking about problems** and **getting help** before things get worse really does work
- Families can **learn new skills** to tackle every day problems
- Getting early help means **less children and families** get to a point where they **feel they can't cope anymore**

Think Family Worker

Supporting the whole family to overcome difficulties together



“ We provide early help to families who are experiencing a range of issues which place outcomes for their children at risk, these include, but are not limited to: worklessness, crime, anti-social behaviour, poor school attendance, domestic abuse and substance misuse. ”



Get Help



Services can work with **everyone** in the family helping them to find solutions to their problems.



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Section 2 – Priority: *Improving Early Help*

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What does Early Help mean for me?

Dad said that he wasn't always like that and he felt **a lot happier now** when playing with us.



More help and advice

County Durham
Children's Centres

Holly was worried that she was going to fail her exams with **support** from speech and language services she is **more confident** she should be able to achieve her dreams.



We focus on the following

- **Prevention** – So that problems do not happen in the first place
- **Early Intervention** – So that problems are sorted out at an early stage
- **Protection and targeted support** – So that help and support from a trained professional is in place for problems that are serious or may continue for a long time

Local
Offer



click here to find out more...

County Durham
Families Information Service



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Section 2 – Priority: *Reducing Neglect*

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What is Neglect?

- Child neglect is a **failure** to look after a child and could result in **poor health** or development
- Children (including unborn babies), need food, water, shelter, warmth, protection and health care to **grow and develop**
- Children need their parents or carers to **love and care** for them
- Neglect can also include **physical abuse, emotional abuse and sexual abuse**

Get Help

Every child and young person has the **right to be looked after** properly. If you're not getting the important things you need at home, you could be being neglected.

If you are not ready to report something you can speak to **Childline 0800 1111**

Domestic Abuse is the main parental **risk factor**

leading to children
becoming subject
of a

Child Protection Plan

Watch the video to **see what happens** when you contact Childline



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Section 2 – Priority: Reducing Neglect

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What does Neglect mean for me?

When I first met you I knew I could trust you; **everything in my life changed**, you helped me understand more about the situation I lived in and helped organise extra support for me to cope. I've **laughed** and **cried**, thank you for **listening** to me and reminding me how to stay on the **right track** and for being my guardian angel 😊😊



Neglect Video: Michelle's Story



I thought Mum liked drinking more than us when Dad left. We were all sad and had **no food**.

Me and my brothers were always **late for school** and they said we weren't dressed properly.

This woman came and **helped my mum** get us ready for school and helped with other things too and I got a new bed.

Mum doesn't shout as much now and this **makes us all happy**.



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Section 2 – Priority: Reducing Self-Harm

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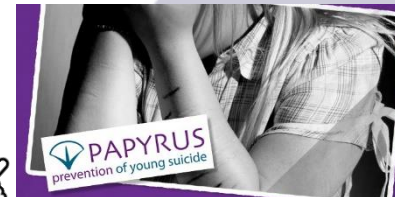
What is Self-Harm?

- **Self-harm** is when you hurt or damage your own body on purpose. It's usually a way of **coping with emotional stress**
- Over half of people who die by **suicide** have self-harmed before
- Self-harm is linked to **anxiety and depression**, this can be a build-up of intense feelings
- The number of **10-24 year olds** admitted to hospital because of self-harm in County Durham is **lower** than the England average (*Public Health Profiles*)

Get Help

Worried about yourself or about a friend self-harming or feeling suicidal?

You can get private and confidential help from **PAPYRUS** www.papyrus-uk.org or you can call them on **0800 068 41 41**.



Worried about yourself or about a friend self-harming/feeling suicidal?
Suicide is the leading cause of young deaths in the UK. Many young suicides can be prevented.
Young people and anyone worried about them can get confidential help and advice from...
www.papyrus-uk.org
Call: 0800 068 41 41 SMS: 07786 209697



Caroline used to self-harm as a **teenager**.

She gives advice on how to get the **right support**.

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Section 2 – Priority: *Reducing Self-Harm*

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What does Self-Harm mean for me?

"Self-harm may be someone's coping response. It is not who they are."

- Emma, researcher and campaigner



Rethink
Mental
Illness.

Self-injury Awareness Day

**SILENCE.
THE BIGGEST
KILLER OF
YOUNG PEOPLE
IN THE UK.**

Young people have told us some of the reasons why they think young people self-harm

- It's when people **hurt themselves** on purpose
- Some people do it when they're getting **bullied**
- **Depression** can lead to self-harm
- When you are **totally stressed** and feel trapped
- People might do it because they are having a **hard time** at home

Young people say that **conflict with family** members, teachers, **boyfriends and girlfriends** are common reasons for self-harm.

This often makes young people feel **pushed away**, left out, feel **embarrassed or ashamed** about self-harming themselves, and that they fear **being judged**.



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Section 2 – Priority: *Increasing the Voice of the Child*

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What is the Voice of the Child?

- The **voice of the child** is a description we use to make sure that services take **your views and opinions** into account when they plan services
- Staff working with children want to know **what you think** and how things can be made **better for you**
- It means that all the people working to keep you safe will always consider what you say and **how you feel**

How you continue to help

The LSCB meet **young people** in their **local areas** to learn more about what is important to them.



Over 70 Durham **Police Cadets** have helped us develop this years annual update.

Working hard!

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Section 2 – Priority: *Increasing the Voice of the Child*

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How has the Voice of the Child made a difference to workers?



#hearmyvoice

Durham LSCB promotes the hashtag **#hearmyvoice** as a simple way for young people to express their views on **social media**

*'I wanted to express my own heartfelt appreciation for the **rare opportunity**, as a professional, to hear the **accounts of actual people** whose lives have been so massively impacted upon'.*

*'Both as a **professional and a parent**, their stories preyed on my mind for the rest of the day. They provided a more thought provoking **human element** and a deeper comprehension of their far reaching experiences and for that **I feel very privileged**'.*



'This direct link to young people and understanding the 'Voice of the Child' has brought a positive and different perspective into the LSCB'.

Jane Geraghty, Independent Chair receiving the Investing in Children award



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Section 2 – *Our plans for the future*

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Our plans for 2017 and 2018

Neglect

- **Understand Neglect** – See the local picture of neglect; raise awareness and thresholds for action
- **Early Identification** – Improve the recognition and assessment of neglect
- **Effective Provision** – Refine effective and successful support that helps reduce neglect
- **Family Focus** – Use the experience of our families and the voice of the child in services

Working Together

- **Thresholds** – Strengthen agreed levels of action across the partnership
- **Focused Intervention** – Making sure children receive focused intervention
- **Remove Barriers** – Understanding the lessons learned and improving outcomes
- **Improve Information Sharing** – Remove the barriers to local sharing of information

Empowering Young People

- **Voice of the Child** – Every child has a voice within the child protection process
- **Empower Young People** – To recognise abuse, feel confident to report concerns
- **Visibility and Support** – Obtain the child's story and support is child focused
- **Peer Support** – Develop skills for young people to support other young people

Child Sexual Exploitation

- **Preventing CSE** – Making it more difficult to exploit children and young people
- **Protecting children and young people from CSE** – Identifying and safeguarding those children and young people at risk
- **Pursuing perpetrators of CSE** – Identifying, arresting and prosecuting offenders

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Section 3 – Reporting Concerns

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Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust

Durham & Darlington
CAMHS Crisis & Liaison Team

making a difference together



For more information, click on the images to go to various websites and contacts



If you are concerned that a child is being harmed or neglected call



First Contact
03000 26 79 79

24 hours
a day

If the child or young person is at immediate risk of harm ☎ 999



Get safe online in Durham

Click here for more information and impartial advice on protecting yourself, your family, your business, your computer and mobile devices while online



Worried about yourself or about a friend self-harming/feeling suicidal? Young people and anyone worried about them can get confidential help and advice from...

www.papyrus-uk.org

Call: 0800 068 41 41 SMS: 07786 209697

Local Offer



click here to find out more...

County Durham
Families Information Service

County Durham
Children's Centres

ERASE
EXPLOITATION
ERASEABUSE.ORG



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Contact details for LSCB Partners

Safeguarding Overview	LSCB Priorities	Reporting Concerns
Durham LSCB	03000 265 770	City Hospitals Sunderland NHS Foundation Trust 0191 565 6256
Durham County Council	03000 260 000	NHS England North 0113 825 1609
Durham Constabulary	101	Cafcass (County Durham) 0300 456 4000
County Durham & Darlington NHS Foundation Trust	0191 333 2333	Durham Tees Valley Community Rehabilitation Company (probation) 0808 168 4848
North Durham Clinical Commissioning Group (CCG)	0191 389 8600	National Probation Service North East Division 01325 246 260
Durham Dales, Easington & Sedgefield CCG	0191 371 3222	National Offender Management Service 0300 047 6325
Tees, Esk & Wear Valleys NHS Foundation Trust	01325 552 000	Schools and Colleges web link only
North Tees & Hartlepool Hospitals NHS Foundation Trust	01642 617 617	Voluntary and Community Sector web link only
Harrogate & District NHS Foundation Trust	01423 885 959	

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