



**CHILD
SAFETY
GROUP**

SAFEGUARDING PACK

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Child Safety Safeguarding Pack

This information pack has been produced by the Child Safety Team and issued to all members of staff within the PACT. The pack contains key information about safeguarding risks to children. Each page provides a different type of risk, an explanation and signs to look out for to either prevent or reduce the risk and to keep children safe.

If you would like further information, please refer to the back page of this booklet which has useful website links for reading and resources.

What is safeguarding?

Safeguarding is the action that is taken by all adults to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

Safeguarding children and child protection guidance and legislation applies to all children up to the age of 18.

We all have a responsibility to keep our children safe!



SEXTING

What is it?



When people talk about sexting, they usually mean sending and receiving:

- naked pictures or 'nudes'
- 'underwear shots'
- sexual or 'dirty pics'
- rude text messages or videos

They can be sent to or from a friend, boyfriend, girlfriend or someone you've met online.

Sexting can easily happen. Things can go wrong – even when it wasn't meant to.

What to look out for:

1. They start to bring in phones to school which they haven't done previously
2. They become overly protective of their mobile phones to the point of grabbing it away from anyone trying to remove it
3. They insist on texting with friends in a private manner and become distant
4. They can seem distracted and distant whilst they are texting and reading texts in a private manner
5. They become uncomfortable, angry, or defensive when you question them about their secretive phone use
6. Grades change. Grades may drop as risky behaviours overtake day to day responsibilities
7. Friend changes, or gravitating towards like minded people



CSE

What is CSE?

Child sexual exploitation (CSE) is a form of sexual abuse that involves the manipulation and/or coercion of young people under the age of 18 into sexual activity. Children or young people may be tricked into believing they're in a loving, consensual relationship. They might be invited to parties and given drugs and alcohol. They may also be groomed online. Some children and young people are trafficked into or within the UK for the purpose of sexual exploitation. Sexual exploitation can also happen to young people in gangs.

What to look out for:

Sexual exploitation can be very difficult to identify. Warning signs can easily be mistaken for 'normal' behaviour.

Young people who are being sexually exploited may:

- go missing from home, care or education
- be involved in abusive relationships, intimidated and fearful of certain people or situations
- hang out with groups of older people, antisocial groups, or with other vulnerable peers
- associate with other young people involved in sexual exploitation
- get involved in gangs, gang fights or gang membership
- have older boyfriends or girlfriends
- spend time at places of concern, such as hotels or known brothels
- not know where they are because they have been moved around the country
- be involved in petty crime such as shoplifting
- have unexplained physical injuries
- have a changed physical appearance, for example lost weight

DRUGS AND ALCOHOL MISUSE

What is alcohol and drug misuse?

Alcohol misuse means drinking excessively – more than the lower-risk limits of alcohol consumption.

Drug misuse refers to the use of a drug for purposes for which it was not intended or using a drug in excessive quantities.



What to look out for:

Some of the signs to look out for are;

- Eyes that are bloodshot or pupils that are smaller or larger than normal
- Frequent nosebleeds could be related to snorted drugs
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Seizures without a history of epilepsy
- Deterioration in personal grooming or physical appearance
- Impaired coordination, injuries/accidents/bruises that they won't or can't tell you about- they don't know how they got hurt
- Unusual smells on breath, body, or clothing
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination
- Unexplained, confusing change in personality and/or attitude
- Sudden mood changes, irritability, angry outbursts or laughing at nothing
- Periods of unusual hyperactivity or agitation
- Lack of motivation; inability to focus, appears lethargic or "spaced out"
- Appears fearful, withdrawn, anxious, or paranoid, with no apparent reason

FAITH ABUSE

What is faith abuse?

It is the belief in concepts of witchcraft and spirit possessions, demons or the devil acting through children or leading them astray (traditionally seen in some Christian beliefs); the evil eye or jinns (traditionally known in some Islamic faith contexts) and dakini (in the Hindu context); ritual or multi murders where the killing of children is believed to produce potent magical remedies. It is also the use or belief in magic or witchcraft to create fear in children to make them more compliant when they are being trafficked for domestic slavery or sexual exploitation.

What to look for:

- A child's body showing signs or marks such as bruises or burns, from physical abuse
- A child becoming noticeably confused, withdrawn, disorientated or isolated and appearing alone amongst other children
- A child's personal care deteriorating, e.g. through loss of weight, being hungry, turning up at school without food or being unkempt with dirty clothes
- A child's attendance becomes irregular or the child being taken out of school altogether without another school place being taken.
- The child's performance at school has deteriorated
- A child reporting that they are or have been accused of being 'evil', and 'or that they are having the 'devil beaten out of them'.

FORCED MARRIAGE

What is forced marriage?

Forced marriage is when you face physical pressure to marry (e.g. threats, physical violence or sexual violence) or emotional and physical pressure (e.g. if you're made to feel like you're bringing shame on the family). Forced marriage applies to both genders.

You have the right to choose who you marry, when you marry or if you marry at all.

Forced marriage is illegal in England and Wales.

This includes:

- Taking someone overseas to force them to marry (whether or not the forced marriage takes place)
- Marrying someone who lacks the mental capacity to consent to the marriage (whether they're pressured to or not)

Forcing someone to marry can result in a sentence of up to 7 years in prison.

Please note – arranged marriage is different to forced marriage. An arranged marriage is where both partners are consenting to the marriage with the parents or older family members having a significant role in selecting the companion for their children.

What to look for:

Forced marriage can be difficult to spot because the signs are usually hidden.

- Bruises and marks on the body may be a sign that they are being forced into a marriage
- But mostly, emotional pressure is used to force someone into a marriage, which can be harder to spot.
- Emotional distress, depression and self-harm are the most common behaviours shown by victims of forced marriage. Often victims feel isolated and unable to talk to other people about what they are going through.
- Someone suddenly going away on holiday could be a sign they are in danger.

TRAFFICKING

What is it?



Child trafficking and modern slavery are child abuse. Children are recruited, moved or transported and then exploited, forced to work or sold.

Children are trafficked for:

- [child sexual exploitation](#)
- benefit fraud
- forced marriage
- domestic servitude such as cleaning, childcare, cooking
- forced labour in factories or agriculture
- criminal activity such as pickpocketing, begging, transporting drugs, working on cannabis farms, selling pirated DVDs, bag theft

Many children are trafficked into the UK from abroad, but children can also be trafficked from one part of the UK to another.

Council of Europe, ratified by the UK government in 2008 - The recruitment, transportation, transfer, harbouring or receipt of a child for the purpose of exploitation shall be considered 'trafficking in human beings'.

What to look out for?

Signs that a child has been trafficked may not be obvious but you might notice unusual behaviour or events. These include a child who:

- rarely leaves their house, has no freedom of movement and no time for playing
- is orphaned or living apart from their family, often in unregulated private foster care
- lives in substandard accommodation
- isn't sure which country, city or town they're in
- is unable or reluctant to give details of accommodation or personal details
- might not be registered with a GP practice and has no documents or has falsified documents
- has no access to their parents or guardians
- possesses money or goods not accounted for
- has injuries which may be workplace related and gives a prepared story which is very similar to stories given by other children

DOMESTIC VIOLENCE

What is Domestic Violence?

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It isn't just physical violence – domestic abuse includes emotional, physical, sexual, financial or psychological abuse.

Abusive behaviour can occur in any relationship. It can continue even after the relationship has ended. Both men and women can be abused or abusers.

Domestic abuse can seriously harm children and young people.

Witnessing domestic abuse is child abuse and teenagers can suffer domestic abuse in their relationships.

What to look out for:

It's often difficult to tell if domestic abuse is happening because it usually takes place in the family home and abusers can act very differently when other people are around.

Children who witness domestic abuse may:

- become aggressive
- display anti-social behaviour
- suffer from depression or anxiety
- not do as well at school - due to difficulties at home or disruption of moving to and from refuges

Witnessing domestic abuse is really distressing and scary for a child and causes serious harm. Children living in a home where domestic abuse is happening are at risk of other types of abuse too. Children can experience domestic abuse or violence in lots of different ways. They might:

- see the abuse
- hear the abuse from another room
- see a parent's injuries or distress afterwards
- be hurt by being nearby or trying to stop the abuse

GANGS

What is it?

A gang is an organised group of individuals who are usually involved in criminal activity.

- Being in a gang can make a child feel part of something or a sense of belonging
- Some gangs take part in criminal activity and might try to get them involved with them. Being part of a gang like this can be dangerous. Sometimes they can be forced to commit a crime or do things that are unsafe.
- If a gang carries knives or other weapons, they might get them out to show off or intimidate people. This can be very scary for other people, especially if they think the gang will use them.

Children join gangs for lots of different reasons, some of these include:

- fitting in with friends and other gang members
- having the same interests as other people, like sports or music
- feeling respected and important
- to be protected from bullying or from other gangs
- making money from crime or drugs
- gaining status and feeling powerful
- you don't have to join a gang if you don't feel comfortable or sure about things

What to look out for:

- Changes in behaviour and attitude
- Dropping school grades, particularly if it is rather sudden
- Poor attendance which is out of character- not wanting to go to school
- Changing friends or having no friends at school which is a change to the normal for that child
- Rebelling at school and possibly at home
- Poor family or adult bonding
- Having large sums of money or new expensive items which is unusual

PREVENT

What is Prevent?

The prevent strategy responds to the ideological challenge of terrorism and the threat we face from those who promote it. It's one of the 4 P's of the Government's counter-strategy which was introduced after the events of 9/11. These are:

Prepare for attacks

Protect the public

Pursue the attackers

Prevent radicalisation

What is Radicalisation?

Radicalisation is a process by which an individual or a group comes to adopt increasingly extreme political, social or religious ideas and aspirations that reject or undermine the status quo (current state of things) or undermine contemporary ideas and expressions of freedom.

What to look out for:

Radicalisation can be difficult to spot. Signs that may indicate a child is being radicalised include;

- Isolating themselves from family and friends
- Talking as if it is from a scripted speech
- Unwilling or inability to discuss their views
- A sudden disrespectful attitude towards others i.e. peers and/or staff
- Increased levels of anger
- Increasingly secretive, especially around internet use.

FGM

What is Female Genital Mutilation (FGM)?

Female genital mutilation (FGM) is the partial or total removal of external female genitalia for non-medical reasons. It's also known as female circumcision or cutting.

Religious, social or cultural reasons are sometimes given for FGM. However, FGM is child abuse: it's dangerous and a criminal offence.

There are no medical reasons to carry out FGM: it doesn't enhance fertility and it doesn't make childbirth safer. It is used to control female sexuality and can cause severe and long-lasting damage to physical and emotional health.

What to look out for:

A girl at immediate risk of FGM may not know what is going to happen, but she might talk about or you may become aware of:

- A long holiday abroad or going 'home' to visit family
- A special occasion or ceremony to 'become a woman' or get ready for marriage
- A female relative being cut – a sister, cousin, or an older female relative such as a mother or aunt.

Indicators FGM may have taken place:

A girl or woman who's had female genital mutilation (FGM) may:

- have difficulty walking, standing or sitting
- spend longer in the bathroom or toilet
- appear withdrawn, anxious or depressed
- have unusual behaviour after an absence from school or college
- be particularly reluctant to undergo normal medical examinations
- ask for help, but may not be explicit about the problem due to embarrassment or fear

The physical effects of FGM

FGM can be extremely painful and dangerous. It can cause:

- severe pain
- shock
- bleeding
- infection such as tetanus, HIV and hepatitis B and C
- organ damage
- blood loss and infections that can cause death in some cases

RACISM

What is it?

- Racism is when a person is discriminated against because of their culture or background
Racism happens in all different places and people who are racist can come from many different backgrounds and cultures
- Sometimes people do not realise that their words or actions are racist
- A lot of racism happens simply because a person doesn't properly understand another person's way of life or traditions

What to look out for?

- Children becoming withdrawn
- Child being critical of their own culture or background
- Child becoming angry often, which is out of character
- Sudden loss of confidence
- Unwillingness to join in with school activities or class activities where they would normally be happy to do so
- Disclosure of a racist comment



SELF HARM

What is self-harm?

Self-harm can take lots of physical forms, including cutting, burning, bruising, scratching, hair-pulling, poisoning and overdosing.

Cutting the arms or the back of the legs with a razor or knife is the most common form of self-harm, self-harm can take many forms, including burning, biting, hitting or taking overdoses.

A young person may self-harm to help them cope with negative feelings, to feel more in control or to punish themselves. It can be a way of relieving overwhelming feelings that build up inside; when they feel isolated, angry, guilty or desperate.

What to look out for:

Young people will go to great lengths to cover self-harm scars and injuries. If you do spot them, they might be explained as accidents.

The signs to look for can be divided into the physical and emotional.

Physical signs of self-harm are commonly on the head, wrists, arms, thighs or chest and include:

- cuts
- bruises
- burns
- bald patches from pulling out hair

Young people who self-harm are also very likely to keep themselves covered up in long-sleeved clothes even when it's really hot. The emotional signs are harder to spot but if you see any of these as well as any of the physical signs then there may be cause for concern:

- depression, tearfulness and low motivation
- becoming withdrawn and isolated, for example wanting to be alone in their bedroom for long periods
- unusual eating habits causing sudden weight loss or gain
- low self-esteem and self-blame
- drinking or taking drugs

GENDER BASED VIOLENCE

What is Gender Based Violence?

Gender based violence against women is a violation of human rights and a form of discrimination against women. It includes all acts of gender based violence that result in or are likely to result in, physical, sexual, psychological or economic harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty whether occurring in public or in private life.

What to look for:

- Unexplained, vague or suspicious medical complaints
- Visible bruises, scratches or marks
- Inability to concentrate or focus on a specific task
- Depression, withdrawal or suicidal tendencies
- Self-harming
- Sudden or extreme shifts in moods or emotions, increased irritability, anger or rage
- Fear of a particular carer or parent
- Fear of going home after school
- Infections in the genital areas
- Displaying sexual knowledge beyond the child's age
- Attendance drops
- Quality of schoolwork decreases

BULLYING



What is it?

- Bullying is when someone intimidates or causes harm to another person on purpose. The victims of bullying can be verbally, physically or emotionally assaulted and are often threatened and made to feel frightened and feel they cannot stop the person's behaviour.
- The behaviour is repeated, or has the potential to be repeated, over time.
- **Cyber Bullying** is any form of bullying which takes place online or through smartphones or tablets. It includes harassment, sending of abusive messages, use of extreme and abusive language, hacking (accessing details illegally) impersonating another person as well as excluding others from social group chats.

What to look out for:

Look for changes in the child. However, be aware that not all children who are bullied exhibit warning signs.



- Changes in behaviour- withdrawn, quieter than normal, tired
- Unexplainable injuries
- Lost or destroyed clothing, books, or jewellery
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals at lunchtime or binge eating
- Sudden decline in grades, loss of interest in schoolwork, or not wanting to come to school
- Sudden loss of friends or avoidance of social situations- not wanting to go out at break/lunch times
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviours such as running away from home, harming themselves, or talking about suicide.



Mental health in children and young people

What is it?

Mental health can be defined as “A person’s condition with regard to their psychological and emotional well-being”. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

For children experiencing a range of emotional and behavioural problems that are outside the normal range for their age or gender, they may be described as having a mental health problem or disorder. It is currently reported that 1 in 10 children are diagnosed with a clinical mental health disorder. Mental health professionals have defined these as:

- Emotional disorders such as phobias, anxiety states and depression
- Conduct disorders (stealing, defiance, fire setting, aggression and social behaviour)
- Hyperkinetic disorders (disturbance of activity and attention)
- Developmental disorders (delay in acquiring skills such as speech, social ability, or bladder control, primarily affecting children with autism and those with previous developmental disorders)
- Attachment disorders- children who are markedly distressed or socially impaired as a result of an extremely abnormal pattern of attachment to parents or major care givers
- Other mental health problems can include eating disorders, habit disorders, post-traumatic stress syndromes, somatic disorders and psychotic disorders such as schizophrenia and manic depressive disorder

Poor mental health can seriously affect a child’s attainment and some groups of children are more vulnerable to mental health difficulties than others, these include factors such as children from disadvantaged backgrounds, looked after children, children with learning difficulties and children on the autistic spectrum.

What to look out for:

- Children who may be suffering from a mental health problem or at risk of developing one will often show changes in in their day to day behaviours
- There are many signs to look out for such as constantly disruptive or withdrawn behaviour
- This may lead to a child isolating themselves and avoiding others, for some children this may be something they frequently choose to do but it is important to understand the *changes* of behaviour to those normally seen
- In contrast you may find that the child becomes irritable, tearful or clingy
- You may also notice changes in attainment and mood which can happen to any of our children at any time. It is important to identify those behaviours that are different and therefore a cause for concern

USEFUL LINKS

If you require further information please look online at the sites below or contact your child's teacher with any concerns you may have.

Extremism and radicalization: www.educateagainsthate.com

Safeguarding information for parents: <http://www.lscbbirmingham.org.uk/>

Gender based violence: [www.who.int/topics/gender based violence](http://www.who.int/topics/gender_based_violence)

Bullying: www.bullying.co.uk www.gov.uk/bullying-at-school/the-law

Forced marriage: <https://www.gov.uk/stop-forced-marriage>

Domestic Violence and abuse: <https://www.gov.uk/guidance/domestic-violence-and-abuse>

Faith abuse: <https://www.gov.uk/government/publications/national-action-plan-to-tackle-child-abuse-linked-to-faith-or-belief>

Child Sexual Exploitation: <http://csethesigns.scot/>

General information: www.barnardos.org

www.nspcc.org