

NSPCC

**Bydd yn glust
bydd yn llais**

Dysgwch sut i gadw
plant yn ddiogel



NSPCC



**Listen up
speak up**



Learn how to help
keep children safe

What is Listen up, Speak up?

Listen up, Speak up is an NSPCC campaign that helps adults know what to do if they're ever worried about a child or family.

Thank you for taking part today.



In today's workshop we will...



Share information

- How common is abuse and neglect and what are children and adults talking to us about?



Talk

- Discuss what might stop us sharing concerns or seeking help.



Learn

- Look at some different scenarios and what we'd do in them.
- Explore how to have a tricky conversation.
- Find out where to go for further training and support.

Before we get started



Housekeeping



Self-care

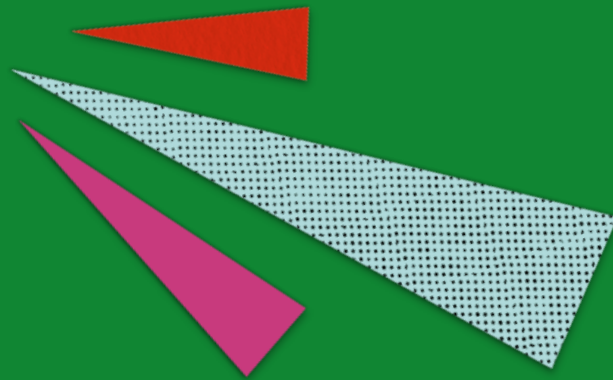


Safeguarding

The NSPCC
Helpline:
0808 800 5000



Have you ever felt
worried or uneasy
about a child?



What we know about child abuse and neglect in the UK



1 in 5 children
have **suffered abuse.**



1 in 5 children
have been exposed to
domestic violence.



1 in 10 children
have been **neglected.**

*Source: Radford et al (2011) Child abuse and neglect in the UK today.

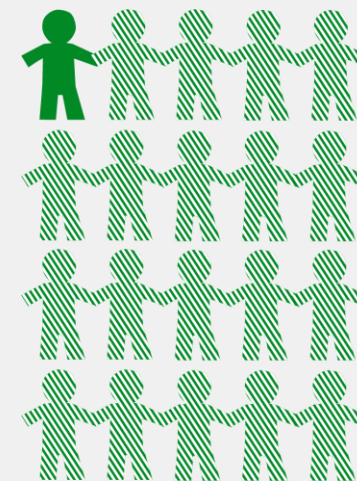
What we know about child abuse and neglect in the UK continued



1 in 14 children
have been
physically abused.



1 in 15 children
have been
emotionally abused.



1 in 20 children
have been
sexually abused.

*Source: Radford et al (2011) Child abuse and neglect in the UK today.

What are we hearing from children and adults?

Helpline themes

- Neglect
- Physical abuse
- Sexual abuse and exploitation

Childline themes

- Mental and emotional health and wellbeing
- Family relationships
- Friendship issues
- Bullying and cyber bullying
- School or education problems.

The impact of abuse...

“

It's hard to explain the impact my childhood had on me. People who go through abuse often carry that trauma from childhood and might just go through life blindly, but then suddenly realise 'That wasn't right, what happened to me'. That's just the start of the recovery, I think.”

Emma, who experienced abuse as a child

...and what can help

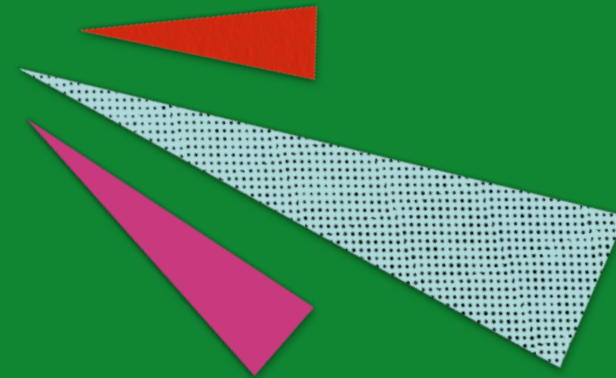
“

I've been self-harming and today my mum found out about it. I wasn't expecting her to be nice about it, but actually she just asked me why I did it and how I did it. She's also said she's going to get me help.

I know everyone's situation is different, but even if you might think your parents might not be very supportive, you might be surprised.”

Young Person writing on the Childline message boards

What might stop us
sharing our concerns
about a child?



Why people don't act on their concerns

Recognising the signs

- You might not feel able or confident about recognising the signs of abuse.
- You might be unsure how important some of the signs are.
- You might be unsure about the right time to act.

Duty to respond

- You might not be sure it's your responsibility to do something.
- You may want to get some support from elsewhere, but be unsure who to contact.

Knowing what to do

- You might want to get involved, offer support or speak out, but it can be hard to decide on the right thing to do.
- It's normal to worry about getting involved, or getting it wrong. But what if nobody else has noticed the signs you've seen?



Connect the DOTS

Coming together
to keep children safe
is about all of us connecting
the DOTS...





Connect the



Describe the situation

What did you see or hear that worried you?

Open mind

It might be nothing, but it could be something.

Try not to make assumptions.

Think: if not you then who?

It's normal to worry about getting involved, or getting it wrong.

But what if nobody else has noticed? We can all play a part to help keep children safe.

Speak to someone

Ask for professional advice or offer your support.

By using your voice, you can make sure children and families get the help they need, when they need it.

John's story



"I take my son to football practice at our local park on a Saturday afternoon.

I've noticed that another young player's dad, Paul, **often shouts and swears at his son** and the referee during the game play."

What could I do to help?





John could...

- Have a conversation with the safeguarding lead for the club.
- Suggest to the club that they speak to the parent.
- Suggest that the club put on a session for all parents about how to positively support your child while playing.





Precious' story



“I live next door to Becca. Becca is a single Mum to Rowen, who’s three. I often hear Rowen **cry at night for long periods** of time.

Recently, I heard Rowen crying and then I heard Becca getting home quite a while later. I'm worried that Rowen is **being left alone** for long periods of time.”

What could I do to help?





Precious could...

- Speak with Becca about what she's noticed.
- Offer to babysit sometimes if Becca is struggling to find childcare.
- Get advice from the NSPCC Helpline.



Sam's story



“My friend Eniola has been **in a relationship with David** for a couple of months. We're all 16.

Recently, David told Eniola he wanted to **take photos of her in her underwear**, and promised he wouldn't show them to anyone. Since then, he's kept asking her to do it even though she's said no. Eniola's worried they might break up if she carries on saying no.”



What could I do to help?



Sam could...

- Let Eniola know it's never OK to be pressured into something you don't want to do in a relationship.
- Suggest that Eniola gets support via Childline.
- Talk to a parent/carer or other safe adult to share her worries.





Having tricky conversations

Speaking up makes a massive difference when it comes to keeping children safe. But it's not always easy. Here's some advice to get you started.





Recap

Before you talk, remember:

1

It won't always be appropriate to have a conversation



2

You might not get a positive reaction



3

The most important thing is your own safety



4

Think about who can support you



Connect the

D

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What we'd like you to do next

1

Sign up to the weekly emails.



2

Spread the word with friends, family and colleagues.



3

Encourage others to do the training.



4

Give us feedback on this session.

Sources of information and support

Family Information Service

Children's Centres

Home Start

Citizen's Advice

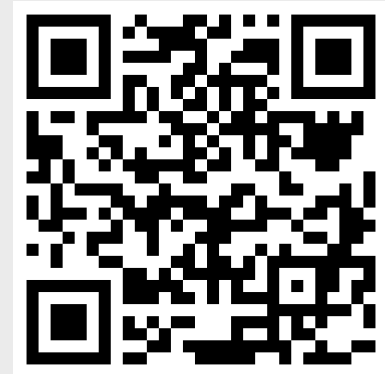
NSPCC Helpline

Children's Services

Young Minds

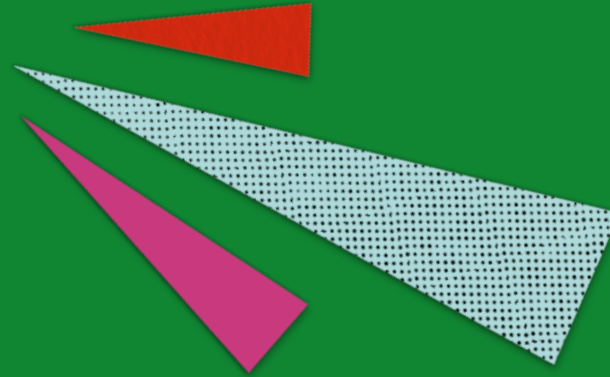
Work or volunteer with children or young people?

Check out NSPCC Learning for training and information for professionals.



What one thing will you take away from today?

Listen up, Speak up Workshop
Feedback Form



NSPCC

Thank you!

To keep learning about how you can help keep children safe, sign up to our free weekly emails.

Scan the QR code or visit nspcc.org.uk/listenupsignup



Listen up speak up

Learn how to help
keep children safe