

Safeguarding Children Awareness

E-WORKBOOK



This e-workbook is designed to increase your awareness of safeguarding children

Name	
Job Title	
Agency	
Date	
Email	

Contents

By working through this e-workbook you will learn:

- about the national guidance for safeguarding and protecting children
- the definition of safeguarding children
- about the North Lincolnshire Helping Children and Families in North Lincolnshire Document 20/24
- what child protection is and the definition of significant harm
- how to recognise the signs of child abuse and neglect
- about other specific types of child abuse
- what to do if you are worried about a child or young person
- about what happens following a referral to the North Lincolnshire Children's Services Single Point of Contact

Take your time to work through this e-workbook and answer the questions.

When you have completed this e-workbook, please email it to your manager or safeguarding lead. They will then discuss your answers with you, and will inform the Children's MARS team that you have completed your training by submitting the information on the final page of this e-workbook.



National Guidance

Working Together to Safeguard Children 2018 outlines the specific duties to safeguard and promote the welfare of children by local authorities working with partner organisations and agencies. It provides guidance about the Children Act 1989 and 2004 and emphasises that effective safeguarding is achieved by putting children at the centre of the system and by every individual and agency playing their full part.

Everyone who works with children has a responsibility for keeping them safe. Everyone who comes into contact with children and families has a role to play in identifying concerns, sharing information and taking prompt action.

Children may be vulnerable to neglect and abuse or exploitation from within their family and from individuals they come across in their day-to-day lives. This can take a variety of different forms, including: sexual, physical and emotional abuse; neglect; child criminal exploitation including by criminal gangs and organised crime groups; child sexual exploitation; trafficking; online abuse and the influences of extremism leading to radicalisation. Whatever the form of abuse or neglect, practitioners should put the needs of children first when determining what action to take.



Definition of Safeguarding Children

A child is defined as anyone who has not yet reached their 18th birthday. 'Children' means 'Children and Young People' throughout this workbook.

Safeguarding and promoting the welfare of children is defined as:

- protecting children from maltreatment
- preventing impairment of children's health or development
- ensuring that children are growing up in circumstances consistent with the provision of safe and effective care.
- taking action to enable all children to have the best life chances.

Children are clear about what they want from an effective safeguarding system.

Children have said that they need...

Vigilance—to have adults notice when things are troubling them

Respect—to be treated with the expectation that they are competent rather than not

Advocacy - to be provided with advocacy to assist them in putting forward their views

Protection— to be protected against all forms of abuse and discrimination and the right to special protection and help if a refugee

One Family Approach Helping Children & Families Document

Universal (Self Help and Enablement)

Within the right conditions and local offer, through taking self responsibility, children, young people and families; actively participate in and are supported by their schools and communities; access available information, amenities, settings and services that are accessible to all to help themselves to raise awareness, develop skills and resilience and enable behaviour changes that will contribute to them being safe, well, prosperous and connected, without the need for interventions; actively engage with proactive, preventative, health promoting services and receive the benefits of early intervention and support to maximise their health, wellbeing and resilience, as well as improving health outcomes and reducing inequalities.

Within specific populations, schools, communities, community hubs and area wide

Targeted (Focused and Preventative)

Children, young people and families are entitled to equality of opportunity and through schools, individual agency/multi agency/locality based integrated working, children, young people and families are helped, supported and empowered to enable behaviour changes that will build resilience, enable self help and contribute to them being safe, well, prosperous and connected, preventing the need for more specialist help.

*Within specific populations, schools, communities, community hubs and area wide for those who seek out and/or are identified as requiring additional help via consultation / formulation
Within specific populations through targeted, intensive home visiting and evidence based interventions*

Specialist (Protection)

Where there are serious concerns, through early, swift, creative, flexible and responsive agency involvement/integrated working, children, young people and families are helped, supported and empowered to protect themselves and enable behaviour changes around the whole family that will contribute to reducing harm, enabling the family to remain together and independent in their community, leading to them being safe, well, prosperous and connected.

*Within specific populations, schools, communities, community hubs and area wide for those who are identified as requiring help to protect themselves and/or others from harm
Within specific populations through targeted, intensive home visiting and evidence based interventions*

Enablers – Data, Intelligence, Workforce, Voice

Children, Young People,
Families, Schools, Communities

[The One Family Approach - Helping Children and Families in North Lincolnshire document](#) sets out how services support children, young people and families to participate, find help online and in their networks and communities, to be resilient, stay safe and independent.

Our North Lincolnshire organisational model, summarised above, places children, young people, and families at the centre of a system that works for all, where the earliest help is to enable families to access information and self-help, in their communities. For those more in need, targeted early help prevents escalation and enables resilience and independence, to achieve positive outcomes. Where required, specialist agency involvement and protection is swift, responsive, and effective, leaving the child's family and network stronger.

This document provides guidance to professionals about helping and protecting families, providing early help and making decisions about levels of need. It also sets out the principles which unpin multi-agency practice and introduces our One Family Approach Practice model which provides the framework for how help and protection should be undertaken across the partnership.

What is Child Protection and Significant Harm?

Child protection is...

- Part of safeguarding and promoting the welfare of children
- Activity undertaken to protect specific children who are suffering, or are likely to suffer, significant harm

Significant harm is...

- ill-treatment or the impairment of health or development (including, for example, impairment suffered from seeing or hearing the ill-treatment of another)
- 'development' means physical, intellectual, emotional, social or behavioural development
- 'health' means physical or mental health and
- 'ill-treatment' includes sexual abuse and forms of ill-treatment which are not physical



What is child abuse?

What is child abuse?

- A form of maltreatment of a child
- Somebody may abuse or neglect a child by inflicting harm, or by failing to act to prevent harm
- Children may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by others (e.g. via the internet)
- Children may be abused by an adult or adults, or another child or children

Types of abuse:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Child sexual exploitation
- Child criminal exploitation



Physical Abuse

- May involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating, or otherwise causing physical harm to a child
- May also be caused when a parent or carer fabricates the symptoms of, or deliberately induces illness in a child

Indicators of physical abuse

- Unexplained injuries or burns, particularly if they are recurrent
- Untreated injuries or lingering illness not attended to
- Admission of punishment which appears excessive
- Shrinking from physical contact
- Significant changes in behaviour without explanation
- Fear of returning home
- Acts of aggression or bullying of others
- Unexplained pattern of absences from school which may be due to hiding bruises or injuries



Emotional Abuse

- Persistent emotional maltreatment of a child such as to cause severe and persistent adverse effects on the child's emotional development
- May involve conveying to a child that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person
- May include not giving the child opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate
- May feature age or developmentally inappropriate expectations being imposed on children
- These may include interactions that are beyond the child's developmental capability, as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction
- May involve seeing or hearing the ill-treatment of another
- May involve serious bullying causing children frequently to feel frightened or in danger, or the exploitation or corruption of children
- Some level of emotional abuse is involved in all types of maltreatment of a child, though it may occur alone



Emotional Abuse

Indicators of emotional abuse

- Continual self-depreciation
- Fear of new situations
- Inappropriate emotional responses to painful situations
- Self-harm
- Eating problems
- Depression or withdrawal
- Displays of obsessive/compulsive behaviours
- Substance misuse including alcohol
- Air of detachment
- Social isolation
- Child is often scapegoated
- Parents display inconsistent emotional warmth and are highly critical or apathetic towards their child
- Child is rarely comforted when distressed



Sexual Abuse

- Involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening
- May involve physical contact, including assault by penetration (for example rape, buggery or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing
- May also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse (including via the internet)
- Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children

Indicators of sexual abuse

- Bruises, scratches, burns or bite marks on the body
- Refusing to stay with certain people or go certain places
- Aggressiveness, anger, anxiety, tearfulness, withdrawal
- Excessive and inappropriate sexual behaviour or language which is out of character
- Irregular or disturbed sleep pattern
- Genital pain/ soreness or sexually transmitted infections
- Wetting the bed at night and/or nightmares
- Pregnancy
- Becoming withdrawn
- Low self-esteem or signs of anxiety and depression
- Sudden and unexplained behavioural or emotional change

Neglect

- Persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development
- May occur during pregnancy as a result of maternal substance abuse
- Once a child is born, neglect may involve a parent or carer failing to:
- provide adequate food, clothing and shelter (including exclusion from home or abandonment)
- protect a child from physical and emotional harm or danger
- ensure adequate supervision (including the use of inadequate care-takers)
- ensure access to appropriate medical care or treatment
- It may also include neglect of, or unresponsiveness to, a child's basic emotional needs

Indicators of neglect

- Constant hunger, tiredness
- Poor personal hygiene and/or persistently dirty
- Poor standard of hygiene in the home that affects the child's health or a living environment that is unsafe
- Untreated medical problems
- Low self-esteem
- Poor social relationships
- Severe or persistent infestation e.g. Scabies or Headlice
- Seeking affection from adults

Child Sexual Exploitation

- A form of child sexual abuse
- It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity
 - a) in exchange for something the victim needs or wants, and/or
 - b) for the financial advantage or increased status of the perpetrator or facilitator
- The victim 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
- Children rarely self-report child sexual exploitation



Child Sexual Exploitation

Indicators of child sexual exploitation

- Acquisition of money, clothes, mobile phones etc without plausible explanation
- Gang-association and/or isolation from peers/social networks
- Exclusion or unexplained absences from school, college or work
- Leaving home/care without explanation and persistently going missing or returning late
- Excessive receipt of texts/phone calls
- Returning home under the influence of drugs/alcohol
- Inappropriate sexualised behaviour for age/sexually transmitted infections
- Evidence of/suspicions of physical or sexual assault
- Relationships with controlling or significantly older individuals or groups
- Multiple callers (unknown adults or peers)
- Frequenting areas known for sex work
- Concerning use of internet or other social media
- Increasing secretiveness around behaviours
- Self-harm or significant changes in emotional well-being



Child Criminal Exploitation

There is no agreed statutory definition of child criminal exploitation (CCE). In North Lincolnshire, the definition of CCE is that which:

Involves exploitative situations, contexts and relationships where a child (or a third person or persons) receive 'something' (e.g. food, accommodation, drugs, alcohol, cigarettes, affection, gifts, money) as a result of them completing a task on behalf of another individual or group of individuals; this is often of a criminal nature.

CCE often occurs without the child's immediate recognition, with the child believing that they are in control of the situation. In all cases, those exploiting the child/young person have power over them by virtue of their age, gender, intellect, physical strength and/or economic or other resources.

Violence, coercion and intimidation are common, involvement in exploitative relationships being characterised in the main by the child or young person's limited availability of choice resulting from their social/economical and/or emotional vulnerability.

Children's involvement in CCE is indicative of coercion or desperation rather than choice. CCE is a complex form of abuse and it can be difficult for those working with children to identify and assess

County Lines

County lines is the police term for urban gangs supplying drugs to suburban areas and market and coastal towns using dedicated mobile phone lines or 'deal lines'. It involves CCE as gangs use children and vulnerable people to move drugs and money. Gangs establish a base in the market location, typically by taking over the homes of local vulnerable adults by force or coercion in a practice referred to as 'cuckooing'.

Child Criminal Exploitation

Indicators of child criminal exploitation

- Persistently going missing from school or home and/or being found out of area
- Unexplained acquisition of money, clothes or mobile phones
- Excessive receipt of texts/phone calls and/or having multiple handsets
- Relationships with controlling/ older individuals or groups
- Leaving home/care without explanation
- Suspicion of physical assault/unexplained injuries
- Parental concerns
- Carrying weapons
- Significant decline in school results/performance
- Gang association or isolation from peers or social networks
- Self harm or significant changes in emotional wellbeing.



Other specific types of abuse

Domestic abuse

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are, or have been intimate partners of family members regardless of their gender and sexuality. It can encompass but is not limited to the following types of abuse:

- psychological
- physical
- financial
- sexual
- emotional

‘Controlling behaviour’ is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour

‘Coercive behaviour’ is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim

- Victims are not confined to one gender or ethnic group
- Predominantly perpetrated by men against women, however it can be perpetrated within same sex relationships, by women against men, and by other family members such as older children against their parents or the extended family/community as in cases of honour based abuse
- Impacts negatively on children and/or adults whether they are abused directly by the perpetrator and/or by hearing, witnessing or intervening in incidents

For more information about Domestic Abuse, see the [Children’s MARS Domestic Abuse toolkit](#)

Other specific types of abuse

Honour based abuse

Is a violent crime or incident which may have been committed to protect or defend the honour of the family or community. Often linked to family members or acquaintances who mistakenly believe someone has brought shame to their family or community by doing something that is not in keeping with the traditional beliefs of their culture.

Forced marriage

A forced marriage is a marriage in which one or both spouses do not consent to the marriage but are coerced into it. Duress can include physical, psychological, financial, sexual and emotional pressure. In the cases of some vulnerable adults who lack the capacity to consent, coercion is not required for a marriage to be forced.

There is a clear distinction between a forced marriage and an arranged marriage. In arranged marriages, the families of both spouses take a leading role in arranging the marriage, but the choice of whether or not to accept the arrangement still remains with the prospective spouses. However, in a forced marriage, one or both spouses do not consent to the marriage but are coerced into it.



Other specific types of abuse

Female genital mutilation

Female genital mutilation (FGM) comprises all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons. It has no health benefits and harms girls and women in many ways.

The practice causes severe pain and has several immediate and long-term health consequences, including difficulties in childbirth also causing dangers to the child. It is illegal in the UK to subject a child to FGM or to take a child abroad to undergo FGM.

Radicalisation and Prevent

The current threat from Terrorism in the United Kingdom is severe and can involve the exploitation of vulnerable people. This threat can extend to children and young people, as well as vulnerable adults, to draw them into extremist ideology and behaviours.

Prevent caters for vulnerabilities connected to any form of extremism including messages from recognised groups such as DAESH (ISIL), Al-Qaeda, Far Right Groups who target ethnic communities as well as Far Left and Animal Rights activists.

Modern day slavery and child trafficking

Modern slavery is an illicit trade in which human beings are turned into commodities to be bought, sold and exploited for vast profits.

Within a UK context and based upon the Modern Slavery Act (2015), modern slavery encompasses;

- Human trafficking,
- Slavery, servitude and forced or compulsory labour.
- Sexual exploitation

Recognition of Harm

The harm or possible harm of a child may come to your attention in a number of different ways.

This may be by:

- information given by the child or another person
- child's behaviour
- an injury which arouses suspicion
- suspicion being raised
- contact with a person known to pose a risk to children
- parents' behaviour before the birth of a child
- substance or alcohol misuse
- domestic abuse
- honour based abuse or forced marriage
- female genital mutilation
- radicalisation
- modern day slavery or child trafficking



Dealing with disclosures

Dealing with disclosure

If a child / young person discloses to you that they have been abused or exploited you should:

Receive

Listen

Accept

Reassure

Stay calm

Don't promise confidentiality

React

No leading questions

No judgements

Explain what you will do next

Inform your designated
safeguarding lead or
appropriate manager

Make a referral to children's
services

Record

Brief notes—date/time/place/
signed etc.

Be objective

Use child's words

Support

Give child/young person time
and a safe place



What stops children and young people telling

- Direct threats
- Fear of punishment
- Guilt or shame
- Lack of vocabulary
- Not appreciating an abusive situation
- No one listening
- Lack of trust
- Implications of telling, 'care' , family breakdown etc
- Abuse considered to be a normal response
- Not understanding how children 'tell'



Making a referral

So, who should you contact if you are concerned about a child or believe a child is at risk of abuse or neglect?

Anyone who has concerns about a child's welfare should make a referral to children's services and should do so immediately if there is a concern that the child is suffering significant harm or is likely to do so.

North Lincolnshire Children's Services, Single Point of Contact:

- **01724 296500 (9am to 5pm Monday to Thursday, 9am to 4.30pm Friday)**
- **08081 689667 (free phone)**
- **01724 296555 (answerphone –out of hours and at weekends)**

Before you pass on the concerns, make sure that you have all the information you need ready!

- Be ready and have all available details
- What have you seen, been told?
- Who is the child?
- What is the nature of the harm?
- What action do you think is necessary to safeguard the child?
- Does the child or family know about the referral?

If you do not have all of the above information, still pass on your concerns.



Response to a referral

Children's Services will clarify with you:

- the nature of concerns
- how and why they have arisen
- what appears to be the needs of the child and family
- whether there are concerns about significant harm
- what is their foundation, and
- whether the child/ren may need urgent action to make them safe from harm

Children Services will make an initial decision within 24 hours about whether they complete:

- an assessment of a child as a 'Child In Need' – section 17 (Children Act 1989)
- a multi-agency strategy discussion as they have reasonable cause to suspect that a child is suffering, or is likely to suffer significant harm. This may initiate a child protection enquiry under section 47 (Children Act 1989). This may be alongside a criminal investigation by the police.



Questions

What is the One Family Approach Helping Children and Families Document?	
How might you recognise physical abuse?	
How might a parent emotionally abuse a child?	
Give two indicators of sexual abuse	
What are the signs of neglect?	
What are some of things that may lead you to be concerned that a child is being sexually exploited?	

Questions

What is county lines?	
Give two indicators of child criminal exploitation?	
Domestic abuse only happens to people aged 18 and above...	True False
You should only contact children's services single access point if a child makes a disclosure...	True False
Give one reason why a child may choose not to disclose what is happening to them	
What should you do if a child discloses to you that they have been harmed?	

Safeguarding Children Awareness E-Workbook Completion

Please email this e-workbook to your manager or safeguarding lead who will discuss completion of this training with you. Your manager or safeguarding lead will then confirm that you have completed this training and have sufficient understanding of the topic covered.

Your manager or safeguarding lead will confirm the completion of the e-workbook with the Children's MARS team by filling in the details below and emailing these details to mars@northlincs.gov.uk

A certificate of completion will be issued on behalf of the Children's MARS Board. Please retain the copy of your e-workbook for your training records.

Name of E-workbook completed	
Name and email	
Job Title	
Agency	
Date of Completion	

If you do not have access to a computer, you can print and complete this e-workbook and send it to your manager who will fill in the details above and post this page to:

Children's Multi Agency Resilience Safeguarding Board
Church Square House
30-40 High St
Scunthorpe
DN15 6NL

If you do not have a manager or safeguarding lead, a peer or colleague can confirm completion of this e-workbook.