

# KEEPING CHILDREN SAFE

## **Bereavement**

- [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)
- [Home - Coroners Courts Support Service](#)
- [Child Bereavement UK](#)
- [Home - Cruse Bereavement Support](#)
- [AtaLoss.org is the UK's signposting and information website for bereaved people](#)
- [Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](#)

## **Bullying**

- [Anti-Bullying Alliance](#)
- [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)
- [Bullying - Victim Support](#)
- [Bullying advice | Bullying UK | Family Lives](#)
- [Bullying | Teenage Helpline](#)
- [Help With Bullying \(kidscape.org.uk\)](http://kidscape.org.uk)

## **Abuse**

**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.

**Physical abuse:** a form of abuse which may involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating or otherwise causing physical harm to a child. Physical harm may also be caused when a parent or carer fabricates the symptoms of, or deliberately induces, illness in a child.

**Emotional abuse:** the persistent emotional maltreatment of a child such as to cause severe and adverse effects on the child's emotional development.

**Domestic abuse:** Witnessing domestic abuse is child abuse, and teenagers can suffer domestic abuse in their relationships.

- [Advice about domestic abuse | Lincolnshire Police \(lincs.police.uk\)](http://lincs.police.uk)
- [Home - EDAN Lincs Domestic Abuse Service](#)
- [Lincolnshire Domestic Abuse Specialist Service \(ldass.org.uk\)](http://ldass.org.uk)
- [Advice about domestic abuse | Cambridgeshire Constabulary \(cambs.police.uk\)](http://cambs.police.uk)
- [Cambridgeshire County Council DASV Partnership - Home \(cambsdasv.org.uk\)](http://cambsdasv.org.uk)
- [The Blue Door](#)
- [Domestic abuse: how to get help - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- [I need help - information and support on domestic abuse \(womensaid.org.uk\)](http://womensaid.org.uk)
- [Domestic Abuse Help · National Centre for Domestic Violence \(ncdv.org.uk\)](http://ncdv.org.uk)
- [Domestic abuse - Victim Support](#)
- [Domestic violence and abuse - getting help - Citizens Advice](#)
- [Domestic Abuse – Domestic abuse - Lincolnshire County Council](#)

## Drugs, Alcohol, Substance Abuse

- [Honest information about drugs | FRANK \(talktofrank.com\)](https://talktofrank.com)
- [Home - With You \(wearewithyou.org.uk\)](https://wearewithyou.org.uk)
- [Oasis Family Support Service - Lincolnshire Action Trust \(latcharity.org.uk\)](https://latcharity.org.uk)
- [Drug addiction: getting help - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Drink and Drugs | Facts & Information | The Mix](#)
- [Nacoa: Helping everyone affected by their parent's drinking - Nacoa](#)

## Emotional Well-being, Self-Harm and Mental Health

- [Home - Kooth](#)
- [Emotional wellbeing and mental health – Lincolnshire County Council](#)
- [Shine – Award winning network of people and organisations involved in or with experience of mental and ill health and distress in Lincolnshire. \(shinelincolnshire.com\)](https://shinelincolnshire.com)
- [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)
- [Childline | Childline 0800 1111](#)
- [NSPCC | The UK children's charity | NSPCC 0808 800 5000](#)
- [Believe in children | Children's charity | Barnardo's \(barnardos.org.uk\)](https://barnardos.org.uk)
- [Home - Mind](#)
- [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](https://giveusashout.org)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Charlie Waller Trust, mental health charity](#)
- [The Mix - Essential support for under 25s](#)
- [Home - Clear Fear App](#)
- <https://www.selfharm.co.uk>
- [Home - Harmless](#)
- [Home - Calm Harm App](#)

## Family Support

- [Coping with your teenager - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)
- [Home | Relate](#)
- [My Possible Self: The Mental Health App](#)
- [Family Action, Building stronger families \(family-action.org.uk\)](https://family-action.org.uk)
- [#AskTheAwkward - help to talk with your children about online relationships \(thinkuknow.co.uk\)](https://thinkuknow.co.uk)

## Online Safety

**Bullying and cyberbullying:** Bullying can happen anywhere – at school, at home or online. It’s usually repeated over a long period of time and can hurt a child both physically and emotionally.

- [Keeping children safe online | NSPCC](#)
- [Resources for 11-19s - UK Safer Internet Centre](#)
- [Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](#)
- [Teaching Your Child about Internet & Online Safety | NSPCC](#)
- [How can I help my teenager stay safe online? - Support for Parents from Action For Children](#)
- [Parents and Carers Toolkit | Childnet](#)
- [Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media](#)
- [Parent Zone | At the heart of digital family life](#)

## Police

Police (emergency) - 999

Police (non-emergency) - 101

- [Home | Lincolnshire Police \(lincs.police.uk\)](#)
- [Home | Cambridgeshire Constabulary \(cambs.police.uk\)](#)
- [Homepage | Norfolk Constabulary](#)
- [Home - Victim Support](#)

## Safe Guarding – Child Protection/Safety and Welfare

**Sexual abuse:** involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving violence, whether or not the child is aware of what is happening.

**Child trafficking:** Child trafficking is a type of abuse where children are recruited, moved or transported and then exploited, forced to work or sold.

**Grooming:** Children and young people can be groomed online or in the real world, by a stranger or by someone they know - for example a family member, friend or professional.

**Harmful sexual behaviour:** Children and young people who develop harmful sexual behaviour harm themselves and others.

**Female genital mutilation:** Female genital mutilation (FGM) is the partial or total removal of external female genitalia for non-medical reasons.

**Neglect:** the 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.

- [CEOP Education \(thinkuknow.co.uk\)](#) – The National Crime Agency’s CEOP Education Team
- [Safeguarding – Lincolnshire County Council](#) - Children’s Services Lincolnshire - reporting concerns or seeking advice - 01522 782111.  
Emergency duty team (6pm-8am + weekends and bank holidays) 01522 782333
- [Safeguarding | CPICS Website](#) - Children’s Services –Cambridgeshire, Norfolk
- [Norfolk Safeguarding Children Partnership \(norfolkscp.org.uk\)](#) Children’s Services – Norfolk
- [Report child abuse - GOV.UK \(www.gov.uk\)](#)
- [Stop It Now! UK and Ireland | Preventing child sexual abuse](#)
- [The Lucy Faithfull Foundation | Preventing Child Sex Abuse](#)
- [Female genital mutilation: help and advice - GOV.UK \(www.gov.uk\)](#)
- [FGM: Organisations offering advice and support - Womankind Worldwide](#)
- [National FGM Support Clinics - NHS - NHS \(www.nhs.uk\)](#)

- [Forced marriage - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- [Forced marriage - Victim Support](#)
- [Modern slavery: how to identify and support victims - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

## **Travelling to and from School Safely**

- [THINK! – Road safety](#)

Buses – school transport - [School and college transport – Lincolnshire County Council](#)

### Here are some tips to stay safe on the school bus

- Be careful and take your time getting on or off the bus.
- Pay attention to surrounding traffic. Look both ways for traffic before crossing the street.
- Make sure that the bus driver can see you at all times.
- Be at the bus stop at least 5 minutes before the bus is scheduled to arrive to ensure quick and timely pickups.
- Stand or line up at least 6 feet away from the curb when the bus approaches.
- If you need to cross the street, make sure the driver can see you.
- Make sure your child knows the bus rules.