

PSA Bulletin

This week let's talk about Abuse and how to help children speak out

Children need our help to 'Speak out and Stay safe.'

As adults, we all know that child abuse should *never* happen. But for many young children, they might not understand that what is happening to them is wrong.

Child abuse is preventable – not inevitable.

The NSPCC and Childline run a 'Speak out Stay safe programme' which helps children to understand that they always have a right to feel safe, and that they can speak to a trusted adult or Childline if they ever need help or support. Learning to 'speak out' is important because...



How to have conversations about safety with children

- Create opportunities to talk, during play, 1:1 time or during an activity
- Ask open questions about how they feel
- Share your thoughts to model 'opening up'

Key messages we want children to understand

What's ok?

- Speaking to a trusted adult if you feel worried or scared.
- Talking to Childline.
- Talking about your feelings.
- Knowing that abuse is never a child's fault

What's not ok?

- A child being hurt, bullied or abused by someone.
- Hurting a child's feelings. A child should not have blame, shame or pain inflicted on them.
- A child being asked to keep something secret that upsets them.
- A child not being cared for in the right way

Places children can access help

Call Childline on 0800 1111

Visit the website [Childline for U12s](#)

TEXT 'SHOUT' TO 85258

Trusted adults at school Use Childline's [Message boards community](#) to speak with other young people safely

What to do if you're worried a child is being abused or neglected

If a child is thought to be in immediate danger report this to 999

You can access advice from the [NSPCC](#) – particularly useful if you are suspecting abuse but not certain.

Anyone can contact the Multi-Agency Referral Unit (MARU) on **0300 123 1116** if you are worried about the welfare of a child.

What factors increase the likelihood of child abuse and/or neglect

Family and parental factors such as...

- Living in poverty
- Violence within the immediate or wider family
- Substance misuse
- History of domestic abuse and/or parents suffering maltreatment as a child
- Parents being emotionally volatile and/or having issues managing their anger
- Having a history of offending
- Mental health issues impeding effective parenting
- Poor education
- Lack of parenting knowledge and support
- Parental stress
- Disability and/or learning difficulties

Having one or more of these characteristics doesn't automatically mean a child will experience abuse or neglect – and not having any of them isn't a guarantee that a child will never be harmed. But we do know that these challenges are often interlinked and the more problems a child and their family are experiencing, the greater the risk of abuse

Positive Parenting

We know how challenging it can be to parent effectively and balance all of the demands that we have as parents/carers. Asking for support when you are finding parenting challenging can be the first and bravest step you take that demonstrates your commitment to ensuring your child(ren) receive the very best.

The NSPCC [Positive Parenting Guide](#) offers some initial top tips around things like:
Understanding your child's needs How can I set boundaries Rewards and discipline
Keeping your cool Building positive relationships

The **Early Help Hub** in Cornwall can be contacted by calling 01872 322277 and parents can also self-refer for support using an online [Parent request for help form](#)

How to contact me: It's never too soon to make contact if you have any concerns. You can reach me via text on the PSA mobile **07903 613074** or via email, terri-anne.old@celticcross.education Normal working days are Tuesday and Wednesday 8.00-16.00 and Thursday 8.00-13:00

