



WORRYING ABOUT THE SUMMER



WOLVERHAMPTON
SAFEGUARDING
TOGETHER

The summer holidays are different for everyone. You might be excited about the holiday, or you could be thinking about what might happen or how you will cope. If you are struggling or feel overwhelmed, please contact the Early Help service for support.

Early Help Services For Families

Early help is a way of getting extra support when your family needs it. The service is for children and young people of any age. It could be that you're worried about your child's health, development or behaviour, or perhaps because you are caring for a disabled child. Maybe your child is affected by domestic abuse, drugs or alcohol. Perhaps your child is a carer for other people.

If you have any questions or would like support, please contact **01902 555392**- (MASH-Multi Agency Safeguarding Hub) who will direct you to the Early Help Service.

If you have any safeguarding concerns during the holidays, and you need support, you are advised to contact the Multi Agency Safeguarding Hub (MASH) on **01902 555 392.**

www.wolverhamptonsafeguarding.org.uk



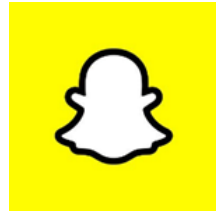
Common social media apps used by children.



Facebook –
13 years
old



WhatsApp- 16
years old



Snapchat- 13
years old



TikTok- 13 years
old



Instagram-
13 years old



YouTube- 13 years old

Above are common apps children are using. There are age restrictions for the apps therefore we ask parents to monitor their child's mobile phone to ensure they are not accessing materials which are not age appropriate.

It is parent responsibility to ensure their child is safe online and to report any incidents to the police and the app they are using.

Please click on the link for guidance in supporting your child to stay safe online:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>



Some organisations which can help your child's mental health



Children can talk to a trained counsellor over the phone, online via 1-2-1 chat or email about anything worrying them, 24 hours a day. Many young people find it easier to be honest about their mental health with someone they don't know. Childline also has lots of information and advice for young people on how to cope with mental health problems.



Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you. To start a conversation, text the word 'Shout' to 85258 or, if you're on your phone, click 'Text us'.



A trained volunteer will provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.



If your child has been feeling unhappy or anxious for a long time or is showing signs of self-harm or suicidal thoughts, it's important to consider professional help so that they can get the support they need.

Child and adolescent mental health services (CAMHS) is a free NHS service for children and young people under 18. CAMHS can help young people who are struggling with serious mental health problems such as depression, anxiety, self-harm, panic attacks or eating problems.

Referral is usually done through your child's GP. Unfortunately, an initial assessment can take several weeks. Social services can also refer young people to CAMHS if they support your child

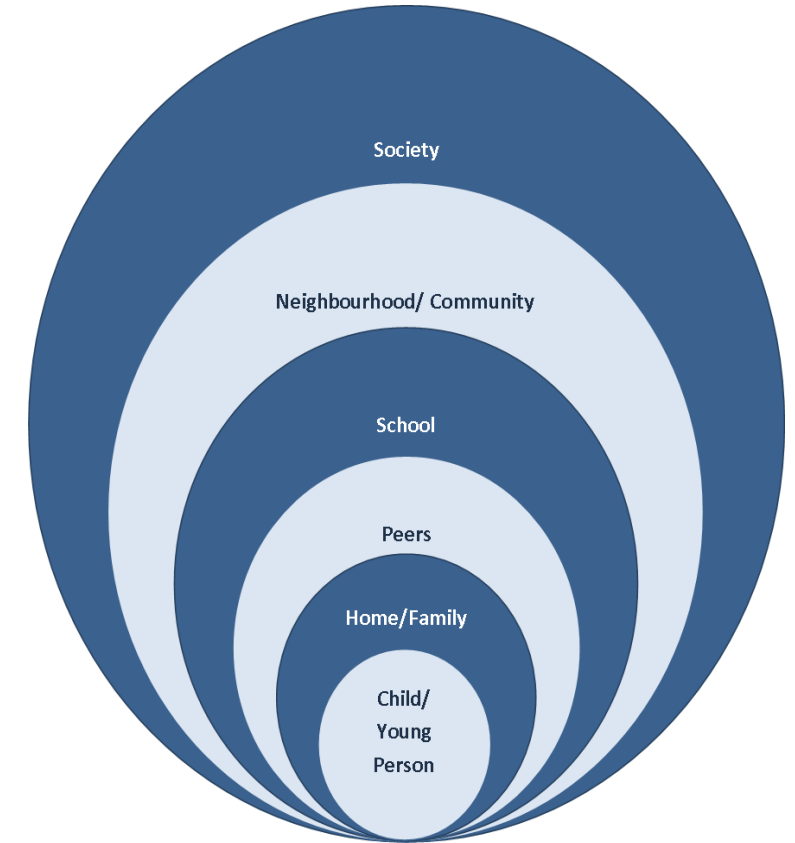


Contextual safeguarding- how can it affect my child

As children grow from early childhood through into adolescence, children spend more and more time socialising outside of their families- at school, with local friends, at activities or clubs, and online. They become increasingly influenced by friends and peers, and their actions, behaviour and experiences become shaped by social expectation. This can be positive or have a negative impact on your child's safety or wellbeing.

It looks at the following safeguarding concerns:

- **Child Sexual Exploitation (CSE),**
- **Child Criminal Exploitation (CCE),**
- **County Lines,**
- **Child Trafficking,**
- **Children affected by Gang Activity,**
- **Harmful Sexual Behaviour** (where this is outside of the family home) and Missing.



If you are concern for your child's safety, please contact Multi Agency Safeguarding Hub (MASH) on **01902 555 392.**