

Some guidance and sources of help from St. Helens' Local Childrens' Safeguarding Board (LCSB)

Mental Health



Young Minds Matter!

If you have concerns over your negative thoughts and feelings, the following website links will help:

Young Minds website: <https://youngminds.org.uk/about-us/youngminds-people/>

What is Mental Health? - <https://youngminds.org.uk/find-help/conditions>

Suicidal Thoughts - <https://www.papyrus-uk.org/help-advice>

Bullying - <https://youngminds.org.uk/find-help/feelings-and-symptoms>

Relationships, Sexual health & Pregnancy



Healthy Relationships

If you need support around healthy relationships, sexual health or pregnancy the following website links will help:

Teenage Advice Zone (TAZ) website

Help Information & Advice

What is a Healthy Relationship?

What is Exploitation?

Sexual Health

Pregnancy

Drugs & Alcohol



If you need support with understanding around Drugs & Alcohol, the following websites will help:

Young Peoples Drug & Alcohol Team (YPDAAT)

DRUGS

ALCOHOL

CANNABIS

What is **EXPLOITATION**?

Neglect

Neglect is the ongoing failure to meet a child's basic needs and is **the most common form of child abuse**.

A child may be left hungry or dirty, without adequate clothing, shelter, supervision, medical or health care.

A child may be put in danger or not protected from physical or emotional harm.

They may not get the love, care and attention they need from their parents.

A child who's neglected will often suffer from other **abuse** as well. Neglect is dangerous and can cause serious, long-term damage - even death.

*** Neglect is the most common reason for taking child protection action ***

Types of neglect

Physical neglect

Failing to provide for a child's basic needs such as food, clothing or shelter. Failing to adequately supervise a child, or provide for their safety.

Educational neglect

Failing to ensure a child receives an education.

Emotional neglect

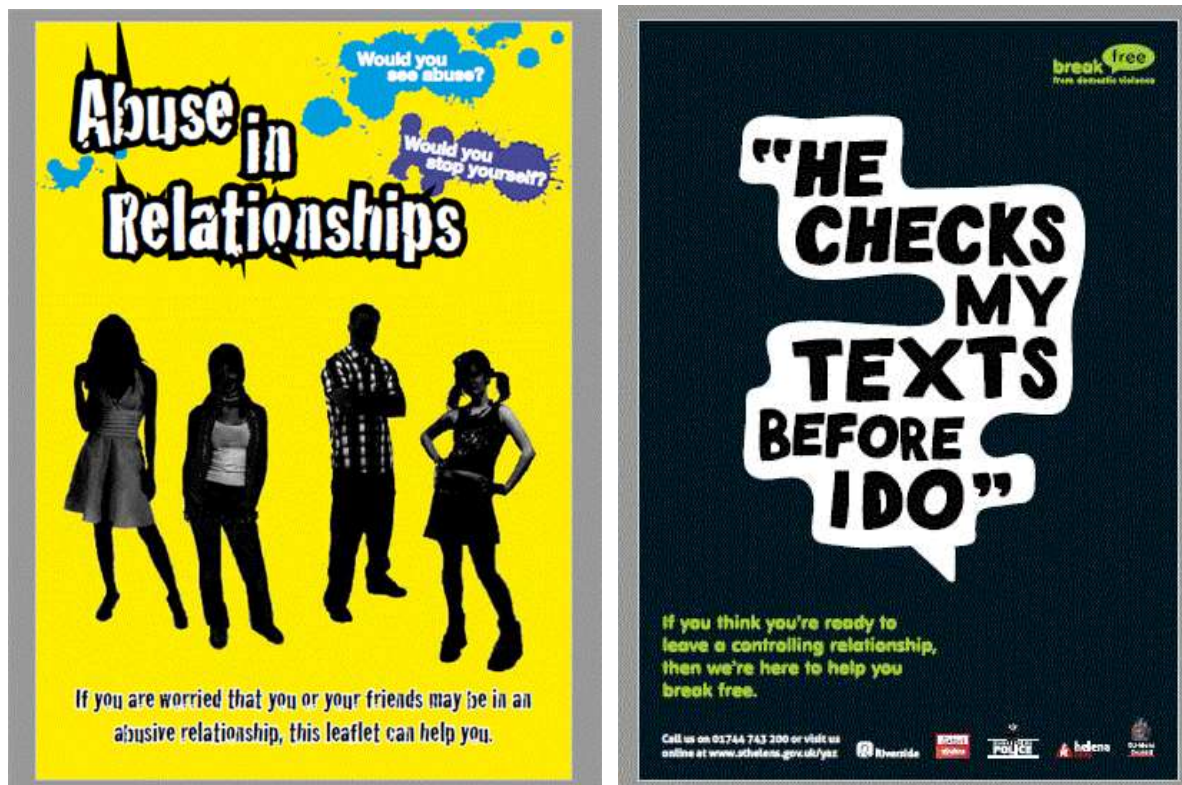
Failing to meet a child's needs for nurture and stimulation, perhaps by ignoring, humiliating, intimidating or isolating them. It's often the most difficult to prove.

Medical neglect

Failing to provide appropriate health care, including dental care and refusal of care or ignoring medical recommendations.

Am I in an unhealthy relationship?

If you are worried that you or your friends may be in a controlling or abusive relationship, this leaflet below can help you. Click on the image for more information:





My parents are in an unhealthy relationship, what can I do to help?

Check out the [Blue Box](#) link that will give you some great advice on how to help while keeping yourself safe!



Who can help me?

The Hideout provides help and support for children and young people who are living with domestic violence.

Butterflies (Listening ear) again is a counselling service for children and young people who have suffered either bereavement / trauma or have witnessed domestic abuse / violence.

Respect Not Fear Website for young people around Healthy Relationships.

Children at Risk of Exploitation



Child Exploitation comes in many forms: Child Sexual Exploitation, Criminal Exploitation, Radicalisation and Child Trafficking.

Child Sexual Exploitation (CSE)

CSE is 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.

Child Criminal Exploitation (CCE)

Criminal exploitation involves taking advantage of children and young people and forcing them to engage in various forms of criminal activity such as begging, pick-pocketing, credit card, benefit fraud and, the cultivation of cannabis for drug dealers.

Child Trafficking (MSHT)

Modern Slavery and Child Trafficking are forms of child abuse. Children are recruited, moved or transported and then exploited, forced to work or sold.

Radicalisation (PREVENT)

Radicalisation is the process by which a child comes to support terrorism and extremist ideologies associated with terrorist groups by coercive means.

