



Chain for Change

Be part of the CHAINge

Raising awareness of child and young person's neglect, offering tips, advice and where to go for support and help.



Welcome

This project was created alongside young people from Hertfordshire County Council, Services for Young People. The toolkit has been designed with the NSPCC for the Hertfordshire Neglect Matters Campaign.

We hope to raise awareness of child and young person's neglect, offering tips, advice and where to go for support and help.

Here are five links in the chain that you can follow to get help for yourself and others

1.
Educate
yourself



2.
Look out for friends
and spot the signs



3.
Know where to
go for support



5.
Pass on your
education
to others



4.
Get help and
support from
someone trusted
and safe



What is neglect?

There's a difference between the things we want and the things we need. Some people might want a new games console, or a new phone. But these aren't things you need. You need things like enough to eat and drink, protection from danger, and clean clothes. Your parents or carers should make sure you have these things. If you have a disability, you should also be supported in whatever extra ways you need.

Every young person and child needs:

- ♥ Love and care from their parents or carers.
- ♥ Support with their education.
- ♥ Help when your ill or have been hurt.
- ♥ Protection from dangerous situations.
- ♥ Clothes that are clean and warm, and shoes that fit and keep your feet dry.
- ♥ Enough to eat and drink.
- ♥ Access and help with medication if needed.

Remember!

Neglect is often not intentional with families facing all kinds of challenges.



Spotting the signs



Changes in someone's behaviour and mood, maybe quiet, and withdrawn.



Missed health appointments and treatment not being followed up.



Putting others before themselves.



Emotional well-being affected.



Lack of appropriate clothing or equipment for school.



Missing from school regularly, arriving late to school.



Poor hygiene, tired and hungry.



Being defensive of themselves.



Risky behaviour engagement such as drugs, drinking and self-harm.

Why it is important to keep talking?

As a young person, it can be difficult to talk about our own experiences and what might be happening to ourselves, friends, or somebody else we may know. It is important that we continue to have conversations with our friends, so we can normalise asking for help and advice. For many young people, friends will be the first place they turn to with any worries and you can be a valuable source of support.

Let's get talking!

If your friend is not ready to have a conversation, that is okay, it takes time and should not be forced.

If your friend discloses abuse or is in any danger it is important that you tell someone who can help.

Sometimes you may need to be the voice for somebody else, who may not be confident to speak out.

Find the right time to talk

Try and find a time when a person you want to talk to is not too busy or is in a rush. You can also ask to arrange a quiet time for you to talk, so you can have their full attention.

Always remember if you are worried that somebody is in immediate danger, call the Police 999.

If you ask your friend if they are okay, they may say yes but sometimes that is not true.

Plan

what you want to say, maybe think of some examples? Share what you are comfortable with.

Listen if your friend wants to talk, this can help you to understand what they are going through.

Practice

what you want to say out loud in front of the mirror, or could you practice with a friend or a Childline counsellor?

Make sure that you are looking after yourself. While it is good to look after your friends, make sure that you are also taking care of your own mental health.



Conversation starters

Everybody is different and how you approach these conversations will depend very much on your relationship with the person. Below are some conversation starters which you might find helpful.

"You have the right to feel happy and safe"

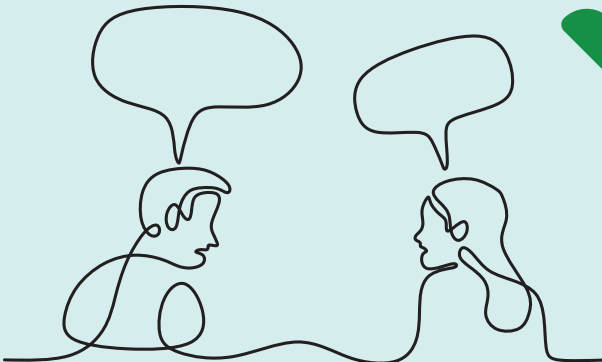
"I have noticed a change, is everything okay?"

"I am here if you ever want to talk"

"What advice would you give to somebody in a similar situation?"

"Whatever has happened is not your fault"

"There is a lot of help and support available, shall we look at the options together"



Who can support me and my friends?

- ♥ Parent/ carer or someone else in your family.
- ♥ Friend's parent or carer, or a neighbour.
- ♥ Youth worker or sports coach.
- ♥ Doctor, school nurse, or school counsellor.
- ♥ A trusted safe teacher.
- ♥ The Police.
- ♥ A helpline such as Childline, or NSPCC.

Think of five trusted safe people or support networks you could talk to



You are NEVER alone, there is always help available.

- ♥ Childline on 0800 1111, or **Childline website**
- ♥ NSPCC Helpline on 0808 800 5000, or **NSPCC helpline email**
- ♥ Hertfordshire County Council Services for Young People
Services for Young People website
- ♥ Carers Trust, Young Carers
Carers Trust Young Carers website
- ♥ Young Minds **Young Minds website**

Shout service: Text YM to 85258, 24/7 support, for young people across the UK experiencing a mental health crisis.

- ♥ The Mix on 0808 808 4994, **The Mix website**
- ♥ **Watford Football Club – Youth Projects website**
Watford Football Club – Youth Link website
Watford Football Club – Empower website
- ♥ The Police – 999 in an emergency and 101 in a non-emergency.

Partners



NSPCC

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111