



Key websites/resources for Older Siblings of Bleak Hill:

Childnet is a website providing **online** resources and guidance for children, parents and teachers. It contains top tips, games and safety information for both primary and secondary pupils <u>http://www.childnet.com/</u> Categories: Children, Young People, Parents/Carers, Online Safety



Childline is a website and helpline providing **support** for young people up to the age of 18. It provides free advice and guidance from bullying through to exam stress and includes games 0800 1111 <u>https://www.childline.org.uk/toolbox/</u> Categories: Children, Young People

Childline Online, on the Phone, Angt	IME	
Info and advice 👔	Get support 🔮	Toolbox 音
You are here / Home / Info and	advice	





Think you know provides resources to help children stay safe **online**. The children's area is split into four age groups: 5-7, 8-10, 11-13 and 14+ <u>https://www.thinkuknow.co.uk/</u> Categories: Children, Young People, Parents/Carers, Online Safety



UK safer internet Centre provides guidance and resources for children, families and professionals **online**. The children's section, which contains games, quizzes and films, is divided into two age groups: 3-11 and 11-19

http://www.saferinternet.org.uk/

Categories: Children, Young People, Parents/Carers, Online Safety

Know Your Friends with Josh & Sue is an animation looking at how to protect yourself **online**. It is aimed at children and young people with mild - moderate special educational needs <u>https://www.youtube.com/watch?v=ecr6OJmT3Mg</u>

Categories: Children, Young People, Parents/Carers, Online Safety

First2amillion is an interactive video aimed at adolescents which explores the consequences of risk-taking behaviour. Features some scenes which may be unsuitable for younger children <u>https://thinkuknow.co.uk/first2amillion/</u> Categories: Young People, Parents/Carers, Online Safety











Can I be your friend? Is a short film which explores the dangers of living our lives **online**. <u>https://youtu.be/aDycZH0CA4I</u> Categories: Young People, Parents/Carers, Online Safety



This film follows Matt, a teenage boy who begins a relationship with a girl he has met **online.** Together they explore their sexuality via IM and webcam. Eventually they decide to meet up offline, however the girl isn't who Matt thought she was <u>https://www.youtube.com/watch?v=9JpyO5XIfCo</u>

Categories: Young People, Parents/Carers, Online Safety

Out of Your Hands offers tips and advice for young people

aged 7-16 to protect them from becoming victims of phone crime and fraud <u>https://www.outofyourhands.com/</u>

Categories: Young People, Parents/Carers, Online Safety, Phone Crime



National Bullying Helpline 0845 22 55 787 is an advice Centre offering **support** for those suffering **bullying** and harassment <u>www.nationalbullyinghelpline.co.uk/</u> Categories: Young People, Bullying

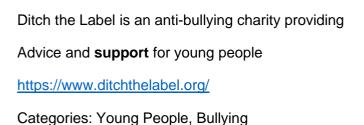








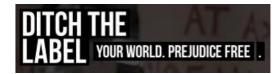
BullyBusters is a free-phone confidential helpline offering **support** and advice for victims of **bullying** and their families or those who are bullying others 0800 169 6928 <u>www.bullybusters.org.uk/about_us/</u> Categories: Young People, Parents/Carers, Bullying



Women's Aid have created The Hideout website to help children and young people understand **domestic abuse**, and how to take positive action if it's happening to them www.thehideout.org.uk/

Categories: Children, Young People, Domestic Abuse







The Domestic Violence Resource Centre (DVRCV)

provides information on **domestic abuse** for children aged 10-13 and young people aged 14-17 <u>https://woah.org.au/</u>

Categories: Children, Young People, Domestic Abuse



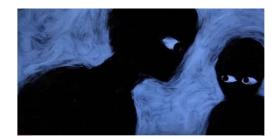




Is It Love? A film about Domestic Abuse and Violence

https://www.youtube.com/watch?v=BYyB_FGV1GY

Categories: Young People, Professionals, Parents/Carers, Domestic Abuse



National Youth Advocacy Service 0808 808 1001 provides help, information, advice and **support** for young people https://youngpeople.nyas.net/

Categories: Young People

Barnardo's resource book explains to young people what **Child Sexual Exploitation (CSE)** is and how to avoid it

http://www.barnardos.org.uk/cse_booklet_sex_secrets_and_lies_-_english_version.pdf

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

Listentomystory.co.uk Four young people share their stories

to enable young people to recognise if they are being **exploited** in their friendship or relationship and identify the signs.

Crime Stoppers 0800 555 111

www.listentomystory.co.uk

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE, Crime Stoppers











nwg 😽

The NWG is a **child sexual exploitation** network offering **support** to young people and enabling their voices to be heard through its youth advisory board <u>https://www.nwgnetwork.org/</u>

Categories: Young People, Sexual Exploitation, CSE

Love Don't Feel Bad gives young people information and advice about coercive and controlling relationships www.lovedontfeelbad.co.uk/

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

Disrespect Nobody has advice and **support** for victims of relationship **abuse** presented via fun videos <u>https://www.disrespectnobody.co.uk/</u>

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

`Say Something' is a national campaign which offers a free, anonymous helpline for young people to disclose information and seek **support** around **sexual exploitation** 116 000 There are also quizzes and resources <u>www.faceup2it.org/</u>

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE









Wud U? is an app from Barnardo's which is designed to educate young people about the dangers of **sexual exploitation** through illustrated, interactive stories.

www.barnardos.org.uk/what_we_do/our_work/sexual_exploitation/cse-professionals/wud-u-app.htm

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

CSE The Signs provides advice and **support** for parents and

young people who suspect that someone is at risk of **child sexual**

exploitation or CSE. <u>www.csethesigns.scot/</u>

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

Know and See is a website for young people to help them spot the signs of **Child Sexual Exploitation (CSE)**

www.knowandsee.co.uk/

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

Losing Control is a film about **sexual exploitation** made by Childline. It tells the story of Jay who groomed and sexually **exploited** his girlfriend, giving her alcohol and drugs so she'd sleep with his friends

http://www.youtube.com/watch?v=XasNkfQ5AVM

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE













Exploited is a short film from CEOP's Thinkuknow

programme which helps young people learn to stay safe

from **sexual exploitation** by recognising the signs.

https://www.thinkuknow.co.uk/14 plus/Films/Exploited/

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE

Kayleigh's Love Story - Full Version

A video clip by Leicestershire Police to highlight the dangers of **Child Sexual Exploitation (CSE)**

Warning: if shown in a cinema this would have a 15 certificate. This is a true story. Some viewers may find some scenes upsetting.

www.leics.police.uk/kayleighslovestory#kayleighslovestory

Categories: Young People, Professionals, Parents/Carers, Sexual Exploitation, CSE

Thames Valley Police 'Consent is everything' campaign

www.consentiseverything.com/

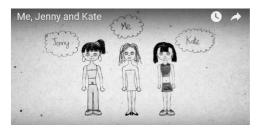
Categories: Young People, Professionals, Parents/Carers, Sexual Exploitation, Consent

Me, Jenny and Kate

Animation based on a survivor's story: a teenager recovering from a traumatic experience

www.mydangerousloverboy.com/me-jenny-kate/

Categories: Young People, Professionals, Parents/Carers, Sexual Exploitation, CSE













Switchboard provides a one-stop listening service and **support** for LGBT+ people on the phone, by email and through Instant Messaging

https://switchboard.lgbt/

Categories: Young People, Parents/Carers, LGBT, Gender

The Gender Trust helps adults throughout the United Kingdom who are

transsexual, gender dysphoric, transgender, or those whose lives are

affected by gender identity issues.

www.gendertrust.org.uk/

Categories: Young People, Parents/Carers, LGBT, Gender

The LGBT Foundation is a national charity delivering advice, **support** and information services to lesbian, gay, bisexual and trans (LGBT) communities.

https://lgbt.foundation/

Categories: Young People, Parents/Carers, LGBT, Gender

The Proud Trust offers an extensive range of learning opportunities for young people and professionals to gain a greater awareness and understanding of lesbian, gay, bisexual, trans and other (LGBT+) identities. They have a wealth of resources for children, young people, youth workers, teachers, health workers, etc. <u>https://www.theproudtrust.org/</u>

Categories: Young People, Parents/Carers, Professionals, LGBT, Gender













GIRES provides support for trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. It also has created an e-learning course to help professionals and families understand the needs of these young people <u>www.gires.org.uk/</u>

Categories: Young People, Parents/Carers, Professionals, LGBT, Gender

Galop is the LGBT + anti-violence charity for young people who have experienced hate crime, sexual violence or domestic abuse. They also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system 0800 999 5428



www.galop.org.uk/

Categories: Young People, Parents/Carers, Professionals, LGBT, Gender

CAMHS promotes the **mental health** and emotional **wellbeing** of all children, young people and their families/carers. <u>https://www.liverpoolcamhs.com/</u>

Categories: Young People, Parents/Carers, Professionals, Wellbeing, Mental Health







Frank provides information and advice on drugs

0300 123 6600

www.talktofrank.com/

Categories: Young People, Parents/Carers, Professionals, Drugs

DrugFam provides support to families, friends and carers who are struggling to cope with a loved one's addiction to **drugs** or **alcohol**, including addiction related bereavement support.

http://www.drugfam.co.uk/

Categories: Young People, Parents/Carers, Professionals, Drugs, Alcohol, Bereavement

Nacao (The National Association for Children of Alcoholics) provides information, advice and **support** for everyone affected by a relative's drinking 0800 358 3456 <u>www.nacoa.org.uk/</u> Categories: Young People, Parents/Carers, Professionals, Alcohol

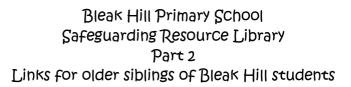
GamCare is the leading national provider of information, advice, **support** and free treatment for anyone affected by problem **gambling** 0808 8020 133 <u>www.gamcare.org.uk/</u> Categories: Young People, Parents/Carers, Professionals, Gambling











BigDeal is a place for young people to find information and **support** related to **gambling**, either for themselves or someone they care about. It is part of GamCare but specifically targeted at young people and gives them a variety of advice via videos and quizzes. BigDeal also offers support to parents and youth facing professionals. <u>https://www.bigdeal.org.uk/</u> Categories: Young People, Parents/Carers, Professionals, Gambling

Rise Above is a website for young people giving tips and advice on all kinds of youth issues such as **alcohol, drugs**, body image, relationships and stress via videos, quizzes and games <u>https://riseabove.org.uk/</u>

Categories: Young People, Parents/Carers, Professionals, Alcohol, Drugs

YPAS (the Young Person's Advisory Service) provides a wide range of counselling, advice, information and **support** services for children (5-15 years), young people (16-25) and families to address their **mental health** and emotional **wellbeing** difficulties 0151 707 1025 http://www.ypas.org.uk/

Categories: Young People, Parents/Carers, Professionals, Wellbeing, Mental Health

Harmless provides support for people who self-harm and their family and friends. They also provide resources for professionals. <u>http://www.harmless.org.uk/</u>

Categories: Young People, Professionals, Parents/Carers, Wellbeing, Mental Health















trust



hen you don't want to ask

Selfharm UK provides support and advice for people who self-harm and their parents/carers. They also provide resources for professionals.



www.selfharm.co.uk

Categories: Young People, Professionals, Parents/Carers, Wellbeing, Mental Health

Trusted2know provides advice for young

people on a range of topics such as gangs,

knives, drugs, alcohol and bullying www.trusted2know.co.uk/

Categories: Young People, Parents/Carers, Professionals, Drugs, Alcohol, Bullying, Gang Culture

eCRIME is a website containing advice and practical information on cyber bullying, trolling, mobbing and all forms of online crime for adults and children alike.



www.ecrime-action.co.uk/

Categories: Young People, Professionals, Parents/Carers, Online Safety, Bullying





Hope Again is a youth website offering advice for young people dealing with **bereavement**. It includes videos and helps parents/carers understand the grief journey of their children. http://hopeagain.org.uk/



The Association for Young People's Health is a peer support

website tackling issues such as health, wellbeing and the

barriers faced by young people affected by **sexual**

exploitation. Resources and materials include a video and booklets.

http://www.youngpeopleshealth.org.uk/

Categories: Young People, Parents/Carers, Professionals, Sexual Exploitation, CSE, Wellbeing

aSk UK is a health information app for young people in the UK encouraging safer **sex** and signposting to advice & services

https://play.google.com/store/apps/details?id=com.faffdigital.aSkUKphone&hl=en Categories: Young People, Parents/Carers, Professionals, Sex

FPA is a **sexual health** charity providing help for young people and

parents/carers re contraception, STIs, pregnancy and abortion.

www.fpa.org.uk



Categories: Young People, Parents/Carers, Professionals, Sex, Contraception, Pregnancy, Abortion, STIs







Relate provides relationship support and advice. <u>https://www.relate.org.uk/</u>

Categories: Young People, Parents/Carers, Professionals, Relationship

Watch Over Me is a series of films including issues around road safety, weapons, internet **safety**, diverting children away from **crime** through **sport**, **extremism** and community cohesion and self-image. The series was made in memory of Damilola Taylor <u>https://www.youtube.com/watch?v=Hcb-_tjsi5Y</u>

Categories: Young People, Parents/Carers, Professionals, Online Safety, Extremism, Sport, Crime

Fearless is a site providing non-judgemental information and

advice about crime and criminality

https://www.fearless.org/en/give-info

Categories: Young People, Parents/Carers, Professionals, Crime

Runaway helpline is a confidential support service for young

people in conflict at home 116 000

www.runawayhelpline.org.uk/advice/

Categories: Young People



ear



the relationship people









The Mix website gives young people under the age of 25 information and **support** on a range of issues such as **drugs**, **crime, relationships** and housing <u>www.themix.org.uk/</u>

Categories: Young People, Parents/Carers, Professionals, Drugs, Crime, Relationships

True Vision gives information and support about hate crime or

incidents and explains how to report it

www.report-it.org.uk/home

Categories: Young People, Parents/Carers, Professionals, Crime

ITV News: **drug gangs** are exploiting large numbers of children and pushing them onto the frontline of the UK's **class A drugs trade**.

https://www.youtube.com/watch?v=AKRCWbif-x4

Categories: Young People, Professionals, Parents/Carers, Drug Gangs, Crime

Forced Marriage.net provides practical information and

sources of advice and help on forced marriage

020 7008 0151 www.forcedmarriage.net/

Categories: Young People, Parents/Carers, Professionals, Forced Marriage



Essential support for under 25s









A website for young adults seeking advice on matters such as honour based violence, knife and gun crime, gangs and group violence, terrorist or extremist activity, hate crimes https://safe.met.police.uk/



Categories: Young People, Parents/Carers, Professionals, Honour, Crime, Gang Culture, Terrorism, Extremism

The Muslim Youth Helpline offers free confidential and anonymous faith and culturally sensitive support to meet the

specific needs of young Muslims. Freephone: 0808 808 2008

Email: help@myh.org.uk

https://www.myh.org.uk/

Categories: Young People, Parents/Carers, Professionals, Faith, Belief, Culture

Contact the Forced Marriage Unit (FMU) if you're trying to stop a

forced marriage or you need help leaving a marriage you've been

forced into. Telephone: 020 7008 0151 fmu@fco.gov.uk

The Forced Marriage Unit has produced resources for staff and videos for young people and families https://www.gov.uk/guidance/forced-marriage#additional-resources

Categories: Young People, Parents/Carers, Professionals, Forced Marriage











Karma Nirvana is an award winning British charity supporting victims of **honour-based abuse** and **forced marriage** Helpline: 0800 5999 247

https://www.karmanirvana.org.uk/

Categories: Young People, Parents/Carers, Professionals, Forced Marriage, Honour

The Iranian/Kurdish Women's Right Organisation (IKWRO)

provides advice and support around honour-based violence,

forced marriage, FGM, domestic violence and sharia law. They

provide direct services for Middle Eastern and Afghan women and girls and also provide

advice and **support** to professionals to help them to understand issues affecting minority

ethnic women 0207 9206460

http://ikwro.org.uk/

Categories: Young People, Parents/Carers, Professionals, Forced Marriage, FGM, Domestic Abuse, Honour

Right to choose: Spotting the signs of **forced marriage** – Nayana

A video clip which is part of DFE Forced Marriage resources

https://www.youtube.com/watch?v=kJbND8seYhE



Categories: Young People, Professionals, Parents/Carers, Forced Marriage



KARMA NIRVANA

Supporting victims of honour-based abuse and forced marriage





Right to choose: Spotting the signs of **forced marriage** – Azim

A video clip which is part of DFE Forced Marriage resources

https://www.youtube.com/watch?v=nF2_4uRtHJs

Categories: Young People, Professionals, Parents/Carers, Forced Marriage

Right to Choose: the consequences of forced marriage

A video clip which is part of DFE Forced Marriage resources

https://youtu.be/pSPxOa9tCOI

Warning: this video contains scenes of a sexual and violent nature that some viewers might find upsetting

Categories: Young People, Professionals, Parents/Carers, Forced Marriage

There is no honour in rape.		
There is no honour in abuse.		
There is no honour in forced marriage.	There is no honour in forced marriage.	

PanicGuard is a smartphone safety app endorsed by Crimestoppers and the National Mobile Crime Unit.

Users of PanicGuard can activate the app when they feel that they are in danger by shaking their smartphone. The app can track the location of the user, record video and audio and send an alert to the user's emergency contacts.

If the app is shaken again it emits a loud alarm sound and turns on the flash on the mobile handset. The app can be deactivated only by entering a security code.

The app is available for iPhone and Android mobile phones and costs £3.99 per month.

www.panicguard.com/

Categories: Young People, Professionals, Parents/Carers, Crimestoppers, PanicGuard









Crime Stoppers gives people the power to speak up to stop

crime 100% anonymously

CrimeStoppers. Speak up. Stay safe.

0800 555 111

www.crimestoppers-uk.org

Categories: Young People, Parents/Carers, Professionals, Crime, Crime Stoppers