



Kingswinford Academy

Student Friendly Safeguarding Policy



Created: September 2023 (Checked September 2025)
Review : September 2026

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1. Introduction

This policy has been created by a group of Year 7 and Year 8 Kingswinford Academy Wellbeing Ambassadors. This policy will help students at Kingswinford Academy understand what safeguarding means. It will help you to recognise what could be a problem and who you can talk to for help. Kingswinford Academy is our school, and we want it to be a safe place for all. By closely following this policy and having regular safeguarding training, all staff at Kingswinford Academy will do everything they can to make sure you are safe, protected and happy. We have written this student friendly policy for you, we have used simple and clear language to help you understand.

2. What is safeguarding?

Safeguarding is the actions that are taken to promote the welfare of children and to protect them from harm. Safeguarding means: protecting children from abuse and maltreatment, preventing harm to children's health or development and ensuring that children grow up with the provision of safe and effective care. Safeguarding ensures children have the right to live in safety, free from harm, abuse and neglect.

3. All staff in school know that safeguarding means that have a responsibility to:

- Make the school a friendly, welcoming and supportive place to spend time - somewhere you want to be.
- Be there for you to listen to any worries or concerns and know who to ask for help.
- Give you safe messages in your lessons to help you learn how to look after yourself and keep yourself safe, including online.
- Understand all the rules and policies that the school has in place to make sure you are safe.

4. Why have a safeguarding policy?

The safeguarding policy is for your safety and concerns. It helps you to feel safe to speak to staff and tell them your problems. Our safeguarding policy wants you to feel safe and tell us any worries or problems. Kingswinford Academy is a school which tries their best to make you feel safe. Below are different examples of safeguarding concerns you must always report.

5. Types of Abuse:

Abuse is when someone does something to you that is harmful, unpleasant or painful. Our school has a legal duty to report and help to stop any form of abuse. You should never be made to feel sad, you should never be intentionally hurt or made to do something that you feel uncomfortable with, that is not right.

There are four main areas of abuse, none of these are nice for you to read, but it is important that you recognise what type of behaviour is wrong.

- **Physical Abuse** – hitting, shaking, throwing, biting, poisoning, burning or scalding, drowning, suffocating or otherwise causing physical harm to a child.
- **Sexual Abuse** – This could be many things, from someone making you watch something referring to sex, someone touching you on the private parts of your body or someone asking you to touch private parts of their body.
- **Neglect** – this means things like not providing clothing, food, warmth, cleanliness, medical help when needed.
- **Emotional Abuse** – This means when people who should love and protect you are not being very nice to you, this may be saying unkind things and making you feel negative emotions, such as guilt and sadness.

6. Bullying:

Bullying is the repetitive, intentional hurting of one person or group by another person or group. Bullying can be physical, verbal or psychological. It can happen face-to-face or online. If you think that an adult or a fellow student is bullying you or someone you know, you must tell a trusted adult as soon as you can. It will not stop unless you do. There are different types of bullying:

- **Physical bullying** - this includes hitting, kicking, tripping, pinching or damaging property.
- **Verbal bullying** - This includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. Verbal bullying can sometimes start off as 'harmless' or 'banter' but it can soon escalate to levels which start affecting and upsetting you.
- **Social bullying** - this can be harder to recognise, this kind of bullying is designed to harm someone's reputation and/or cause humiliation. This could include lying and spreading rumors, encouraging others to socially exclude someone.
- **Cyber bullying** - This is intentional and repeated harm inflicted through the use of computers, phones and other electronic devices. This includes abusive or hurtful texts, emails or posts, images or videos. Imitating others online and creating nasty gossip and rumors online.

If you feel you are being bullied or you think someone else is being bullied, it is important that you report it.

7. Child Criminal Exploitation (CCE):

Criminal Exploitation is when individuals or gangs target young people and force them to carry out criminal activity. The individuals or gangs (exploiters) may force young people to deal drugs, steal, commit violent or sexual acts and send them to other towns or cities. Children who are being criminally exploited are usually threatened and/or beaten by the people exploiting them – but exploiters are smart: they'll spend months or years grooming their victims, and sometimes the young person may not even know it is happening to them.

8. Child Sexual Exploitation (CSE):

Child Sexual Exploitation is a form of sexual, emotional and physical abuse. It often happens when the young person is being given food, accommodation, drugs, affection, presents/gifts and money in return for performing sexual acts. It usually involves the young person being beaten or threatened and intimidated if they do not do what they are asked to do by the person who is exploiting them.

9. Sexual Violence and Sexual Harassment between children:

Sexual Violence and Sexual Harassment between children is unwanted sexual behaviour that occurs between two children (or more) of any age or sex. This behaviour can be online or in person and can be either physical, verbal or both. Examples of sexual violence and sexual harassment could be sexualised comments or sexually touching another person in a way that makes them feel, embarrassed, intimidated or degraded. The term up-skirting refers to somebody taking a picture under someone else's clothing without that person knowing and is a crime.

10. Staying Safe Online:

Computers and mobile phones help us all to share things and talk to our friends or family, but they can also make it easier for bullies and other people that want to hurt you to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites. If you are unhappy with any comments, messages, photographs or videos you have seen online, you can talk to an adult in school. These are some other ways you could help protect yourselves and others:

- Do not post any personal information online – like your address, email address or mobile phone number.
- Think carefully before posting pictures or videos of yourself. Once you have put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
- Keep your privacy settings as high as possible, if you're not sure how to do this ask a parent or member of staff from our Academy.
- Never give out your passwords.
- Don't befriend people you don't know.
- Don't meet up with people you've met online. Speak to your parent/carer/staff school about people suggesting you meet them.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before you post something online.
- Respect other people's views, even if you do not agree with someone else's views.
- If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer and tell a parent/carer/staff at school immediately. If someone you know is not keeping themselves safe online, you can report this to a member of staff

These are only examples, there are many more reasons that could make you worry and not be okay. The most important thing you can do is tell someone so they can help.

11. Who are the Safeguarding Team? What is a DSL/DDSL and what do these terms stand for?

DSL stands for Designated Safeguarding Lead - this is Mr Smith in our school. In every school there is always someone who has the responsibility to keep you safe and all staff have to tell that person if they are worried or concerned about you. Our school wants you to feel safe and worry-free. We have a number of staff who are trained as Deputy Designated Safeguarding Leads (DDSL's), these members of staff support the DSL and form part of the school's Safeguarding Team. Staff have training and are taught how to keep children safe as it is a very important part of their job role.



Safeguarding



Who can I speak to if I am upset, worried or scared?



Mr. Smith
Designated Safeguarding Lead

At Kingswinford Academy we will help you in the following ways:

- We will do our best to spot if there is a problem. All of the adults in school have had training in this.
- We will work with other people (including the people at home) to help protect you and solve any problems you may have.
- We will listen to you if you want to talk to us and need our help. We will always take you seriously.
- We will support and encourage you and will respect your wishes and views. You can talk to any member of staff, but you should know that there are a number of staff who are responsible for making sure you are safe and well cared for, and they are pictured here.



Mrs. Wilkinson



Mrs. Castells



Miss Hall



Mr. Hanson



Mr. Parsons



Mrs. Kelly



Mrs. Perry



Miss Walters



Mrs. Evans

You can also speak to someone from any of the following organisations:



Worried about FGM?

Call the NSPCC Helpline, if you are worried a child is at risk of, or has had, FGM.

It's free, anonymous and 24 hours.

0800 028 3550

or email fgmhelp@nspcc.org.uk



12. Who can I tell if I'm worried about anything?

At Kingswinford Academy, you can talk to any staff member, but you should know that there are a number of staff who are responsible for making sure you are safe and well cared for. These staff members form the Safeguarding Team and they are listed above; you will see these posters all around school. If you are upset or worried about something that has happened to you or someone else, then please remember you can be brave and courageous and talk to someone who will listen and help you. You DO NOT have to keep your worries a secret.

13. What if I am worried about speaking to someone?...**(Whisper It)**

'Whisper It' allows you to report concerns or worries about yourselves or others. This system allows you to report anything that you feel you cannot say out loud to someone. It gives us all the confidence to speak up and reach out. Below are some examples of the issues you can report on 'Whisper It':

- You or a friend are being bullied.
- You are concerned for a friend's welfare.
- A student, member of staff or parent has behaved inappropriately.
- You need to talk to someone about a problem.

You can either scan the below QR Code with your mobile phone or email whisperit@kingswinford.windsoracademytrust.org.uk



This inbox is only monitored from 8.45am to 3.15pm, Monday to Friday, term time only. If you need help outside of these times, you can contact a number of different organisations. Details can be found by visiting [Kingswinford Academy Mental Health and Wellbeing](#)

Important Organisations and Contact Details:

Police: 999

Childline: 0800 1111

NSPCC Child Protection Helpline: 0800 800 5000

Hopeline: 0800 068 4141

[CEOP \(Child Exploitation and Online Protection\)](#)

It is important to know...

- It is never your fault if someone is hurting or abusing you.
- There is always someone who can help you.
- If you do speak to someone, they cannot always keep what you have said a secret, they may need to pass it onto the Safeguarding Team. The Safeguarding Team only wants to help you.
- If someone is hurting you, they might also be hurting someone else, so it is important that you tell someone to make it stop.
- Every child should enjoy their right to a happy and safe childhood.

14. What happens when you tell someone?

When you tell someone your worries or concerns, you did the right thing. If you speak to an adult, it may be necessary for them to check things with the school's DSL or a member of the Safeguarding Team. Staff can never promise confidentiality, but will always ensure that only the relevant staff need to be informed. Please remember that staff and the Safeguarding Team only want to help and support you.

Dependent on individual circumstances, there may be times when the Safeguarding Team may need to contact external agencies for advice and support. These may include Children's Social Care (Social Workers), Police and Family Support Workers. This is because staff have a duty to safeguard and protect every child and sometimes schools need to work with other professional organisations who are best placed to support you. Professionals from these organisations will be specialist trained, which means that they will be experts in helping you. Staff will work hard with all of these people and in partnership, including people at home to help protect you and resolve any problems and worries you may have. The Safeguarding Team will always take what you say seriously and they will support and encourage you and will respect your wishes and views. Try not to be too concerned, the school's Safeguarding Team will provide explanations and you can always go and ask them questions if you are unsure about anything.



15. In and out of school:

All of the staff at Kingswinford Academy will do their best to make sure that the building is safe for you to learn and spend time in. When you are out of school, it is important to be careful and keep vigilant. Anything unwanted, tell your parents/carers or tell someone in school. We want to look out for you!

16. Lanyards and signing in and out of school:

Any individuals that come into our school will be wearing a lanyard of Blue, Green or Red. Blue lanyards mean that they are a permanent member of staff, while a Green lanyard is to symbolise an Approved Visitor. On the other hand, a Red lanyard is okay if the visitor is accompanied by a member of staff wearing a Blue Kingswinford or a Green lanyard. If this person isn't accompanied, it is imperative that you report to the nearest member of staff immediately. If you see someone without a lanyard, please report to the nearest member of staff urgently. All adults you see at school are signed in from the office to ensure the safety of



us and others. Also, parents and carers are not allowed in school unless a member of staff has approved.


 **Kingswinford Academy** 

People in Our School

GO – can access our school

Blue Kingswinford Lanyard – Member of Staff
Green Visitor Lanyard – Approved Visitor



<p>No Lanyard</p> <p>NO ENTRY</p> <p>Not allowed in our school.</p> <p><u>Report to nearest member of staff immediately.</u></p>	<p>Red Lanyard – OK if..</p> <p>Accompanied by a member of staff wearing a blue Kingswinford or a green lanyard.</p>  <p><u>If not accompanied report to the nearest member of staff immediately</u></p>
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17. Useful Information/Signposting:

As well as talking to staff in school, there is a whole range of support and services you can access outside of school. Please find below a list of organisations to get in touch with if you feel you are struggling, feeling overwhelmed or anxious:

Self harm UK



This is a website developed by someone who used to self-harm, providing lots of support and information including access to 'Alumina' - a six week online programme to help you overcome self-harm. You can also self-refer.

Find out more information and get in touch with the team at www.selfharm.co.uk

Beat Eating Disorders



Beat is UK's leading charity that supports anyone affected by eating disorders or difficulties with food, weight or shape.

They have trained support workers who also host anonymous support chat groups online for young people, adults, and those whose friends or loved ones have an eating disorder.

Call them on 08080 801 0677 or talk to them online at www.beat.co.uk

The Mix



The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you are facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Talk to them [online](#), on social media or call their free, confidential helpline on 0808 808 4992.

Samaritans



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland. Samaritans are available 24 hours a day, 365 days a year.

Call them on 116 123, email the team, or find more info online at www.samaritans.org.

Anna Freud Foundation



The aim of the Anna Freud Foundation is to transform current mental health provision in the UK by improving the quality, accessibility, and effectiveness of treatment.

On their website you can find a whole host of resources and toolkits to support the mental health and well-being of young people.

Action for Happiness



Action for Happiness helps people take action for a happier and kinder world.

They bring together like-minded people from all walks of life and help them take practical action, drawing on the latest scientific research and are backed by leading experts from diverse fields including psychology, education, economics and social innovation.

Kooth Healthy Young Minds



Kooth is an online mental wellbeing community offering free, safe and anonymous on line chat and emotional wellbeing service for young people aged 11-24 years.

If you need to talk they are online until 10pm everyday.

Young Minds



Young Minds is a charity which focuses on young people's mental health and emotional well-being.

The [website](#) includes downloadable information leaflets on a range of topics, including self-harm, aimed at both young people and adults.

Every Mind Matters



Having good mental health helps us relax more, achieve more and enjoy our lives more.

There are simple things we can all do to look after our mental health and well-being with expert advice and practical tips, so get in touch today.

Childline



Childline provides support to young people who have concerns about themselves or their friends. The trained listeners will never break confidentiality or judge. They are available 24 hours a day, every day of the year.

Call them on 0800 11 11 or talk to them online at www.childline.org.

NAME (and website link) FOR ORGANISATION (just click on link)	OVERVIEW OF ORGANISATION
Anxiety UK	<p>Anxiety UK works to make anxiety a thing of the past. Anxiety UK offers an extensive range of support services designed to help you to control your anxiety rather than letting it control you. Services available for both members and non-members include:</p> <ul style="list-style-type: none"> ● Access to a community of other like-minded people. ● Discounted one-to-one therapy services from a network of Anxiety UK Approved Therapists. ● A wide range of helpful resources to help you understand and overcome your anxiety. ● Access to anxiety support groups. ● Discounted anxiety management courses and Calm Club.
Anna Freud National Centre for Children and Families	<p>The Anna Freud Centre provides a range of services to children, young people and their parents & families. Services are aimed at promoting emotional and mental health and development. There are services for parents and infants, parents and toddlers, children and young people and families, depending on age range and clinical need.</p>
Barnardos	<p>Barnardos help children through the trauma of sexual abuse and exploitation. They provide support for young people in care. Their specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more. The scale of what Barnardos does may be big and complex, but their aim is simple – to provide the best outcome for every child, no matter who they are or what they have been through.</p>
Beat	<p>Beat is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf. The charity is dedicated to helping people with anorexia nervosa, bulimia, binge eating disorder, avoidant/restrictive food intake disorder, and other specified feeding or eating disorders, and providing information to the public about these conditions.</p> <p>As well as campaigning for better services for those affected by eating disorders, the charity provides self-help support through several different projects:</p> <ul style="list-style-type: none"> ● Helplines: The charity runs three national helplines, one for adults, one for young people under 25, and one for students. Telephone, email, and one-to-one web chat services are available. ● Online Services: The charity's website includes

	<p>message boards, an online chat facility, online support groups, and a HelpFinder directory.</p> <ul style="list-style-type: none"> • Peer support: The charity runs Echo, a telephone-based peer support for carers, in some parts of the country.
Bipolar UK	Bipolar UK is a national mental health charity supporting individuals who have bipolar, also their families and carers too.
CAMHS	Dudley CAMHS is a specialist mental health service commissioned to provide interventions to those children, young people and their families who are experiencing moderate to severe mental health difficulties. CAMHS currently supports young people up to the age of 16 and still in Year 11 with a GP registered in the Dudley area.
Chadd: New Beginnings	New Beginnings offers a wide range of support, projects and services to help those who are suffering domestic abuse. These services help support individuals to overcome domestic abuse as well as help build resilience, self confidence and create a brighter future.
Child Exploitation and Online Protection CEOP	Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support. Make a report if you have experienced online sexual abuse or you're worried this is happening to someone you know, let CEOP know safely and securely.
Childnet	Childnet is a UK-based charity who empower children, young people, and those who support them in their online lives, and its mission is to work with others to make the internet a great and safe place for children and young people. Childnet works directly with children and young people from the ages of 3-18, as well as parents and carers.
Cruse	Cruse Bereavement Care is the leading national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone dies, and work to enhance society's care of bereaved people. Cruse offers face-to-face, group, telephone, email and website support. They have a free phone national helpline and local services throughout England.
Dudley Mind	Dudley Mind aims to improve, promote and enhance a better quality of life for people living across the Black Country affected by poor mental health.

Dudley Young Carers	<p>Dudley Young Carers can make a real difference to children, young people and adults who provide care and support to a parent, sibling or family member.</p> <p>What do they offer?</p> <ul style="list-style-type: none"> ● one to one young carer support. ● information, guidance and signposting. ● emotional support through counselling. ● training sessions and workshops. ● holiday activities. ● 10 week F.U.N (Fitness, Understanding, Nutrition programme for young carers). ● regular newsletters. ● support at professional meetings. ● school support and transition to college/university or employment.
Edwards Trust	<p>Edward's Trust offers a holistic approach to supporting children and young people up to the age of 24, who are bereaved, or about to be bereaved of a parent, significant carer, sibling or friend through bereavement and loss. They offer counselling, support groups, play therapy, wellbeing therapies and social events. They are also able to offer resources and training for those wanting to support people in their grief journey.</p>
Fearless	<p>Fearless is the Crimestoppers youth service aimed at 11-16 year olds. It is tasked with increasing awareness of the dangers surrounding street crime, drugs and violence. Armed with a belief in the power of prevention and intervention, Fearless aims to help future generations navigate a safe path to adulthood.</p>
FRANK	<p>Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol.</p>
Gangs and Youth Violence Gangs and Youth Violence Prevention	<p>Gangs and youth violence are a growing problem across the country. Membership of gangs and associated youth violence can have a devastating impact on children and young people and their families.</p>
Gender Trust	<p>The Gender Trust is a listening ear, a caring support and an information centre for anyone with any question concerning their gender identity, or whose loved one is struggling with gender identity issues. People who might be Transgender, Transsexual or people who do not identify with the gender they were assigned at birth or those who are simply unsure.</p>

Happier Minds Dudley	A new website was launched in November 2022 to help young people find information about mental health. Happier Minds can help you find the mental wellbeing information you need. It also provides information on how to get help urgently for people in crisis. The website has 3 sections: The young people section for those aged 11 yrs and over (secondary school and college), has video resources and useful contacts.
Harmless	Harmless is an organisation who works to address and overcome issues related to self-harm and suicide.
Here4YOUth	<ul style="list-style-type: none"> ● A listening ear and safe space for young people to talk about what's on their mind. ● Advice and information about drugs and alcohol. ● Support to make changes with drugs and alcohol. ● Making connections to activities/hobbies or groups to feel less lonely or isolated. ● Help to stop smoking (16-18 year olds). ● Support to regulate emotions, including managing anger and managing stress or anxiety. ● Confidence building. ● Ways to improve sleep. ● Condoms and chlamydia screening. ● Self help information.
Keeping Children Safe Online NSPCC	Understanding online safety is tricky for all ages. The NSPCC has advice to help you learn about staying safe.
Kooth.com	Kooth is a fully commissioned service which provides a free, safe, anonymous and non-stigmatised way for young people to receive support around mental health and emotional wellbeing online. Staffed by fully trained and qualified team members (including counsellors), who are available until 10pm each night, 365 days per year, it provides a much needed out of hours' service for advice and support. As well as 1:1 support, peer to peer support can also be accessed through moderated message forums and online magazines.
MIND	Mind is a leading mental health charity. It provides advice and support to empower anyone experiencing a mental health problem. It campaigns to improve services, raise awareness and promote understanding.
NHS	The NHS website helps people to take control of their health and wellbeing. There is substantial information and advice on this website.
No Panic	No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic also provides support for the carers of people

	who suffer from anxiety disorders.
NSPCC	The NSPCC is a leading children's charity in the UK, specialising in child protection and dedicated to protecting children today to prevent abuse tomorrow. They are the only UK children's charity with statutory powers, which means they can take action to safeguard children at risk of abuse.
OCD Action	OCD Action is a national UK charity focusing on Obsessive Compulsive Disorder (OCD) and related disorders. They provide support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public and front-line healthcare workers, and strive to secure a better deal for people with OCD. They are a dedicated charity with a clear vision, solid objectives and a real understanding of OCD and the impact that it has.
Papyrus	Papyrus (Prevention of Young Suicide) is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. They are a leading youth suicide prevention charity in the UK. Their suicide prevention helpline, HOPELINEUK, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINEUK is a free and confidential call, text and email service, which is available from 9am to midnight, every day of the year.
Place2Be	Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. There is a wealth of information for parents/carers and young people to access, including information guides, resources and podcasts.
Samaritans	Contact a Samaritan If you need someone to talk to, the Samaritans listen. They won't judge or tell you what to do. Call them any time, day or night Whatever you're going through, you can call the Samaritans any time, from any phone for FREE. Call 116 123.
School Nurse - Louise Allen See your Head of Year/Miss Hall for more information.	The School Nurse can help guide and support on a number of issues, via a school referral: <ul style="list-style-type: none"> ● Contenance. ● Sleep. ● Diet / Eating Issues / Weight Management. ● Medical Issues /Care Plans. ● Smoking. ● Sexual Health. ● Substance Misuse.

Sharing nudes and semi-nudes NSPCC	Sharing nudes is when someone sends a naked or semi-naked image or video to another person. Sharing nudes is sometimes called 'sexting', however this term is often used by young people to talk about sharing sexual messages and not imagery.
Shout	Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Shout launched publicly in May 2019 and they have had more than 1.5 million conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need in-the-moment support. Text Shout on 85258.
Stalking Dudley Safe and Sound	<p>Stalking is a pattern of repeated and persistent unwanted behaviour that is intrusive and engenders fear, it is when one person becomes fixated or obsessed with another and the attention is unwanted.</p> <p>General Advice:</p> <ul style="list-style-type: none"> ▪ If it doesn't feel right it probably isn't! ▪ Seek support from trusted family/friends. ▪ Report to the police and do this early. ▪ Keep a diary in a secure location. ▪ Screenshot emails etc and save them. ▪ Photograph/video your stalker if safely possible. ▪ Tighten security; home, school, work and online.
St Giles Trust	St Giles Trust is a charity using expertise and real-life past experiences to empower people who are not getting the help they need; people who are hard to engage because they have been failed time and time again – held back by poverty, exploited, abused, are dealing with addiction or mental health problems, or are caught up in crime or a combination of these issues and others.
Stonewall	At Stonewall, they stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. They imagine a world where all LGBTQ+ people are free to be themselves and can live their lives to the fullest.
Teenage Relationship Abuse	If your boyfriend or girlfriend is being physically or emotionally abusive in any way, including over the phone, messaging or using social media, this is relationship abuse.
The Children's Society	The Children's Society is a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect. They support them through their most serious life challenges and they campaign tirelessly for the big social changes that will improve the lives of those who need hope most.

The Mix	Essential support for under 25s. The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social media, through their free, confidential helpline or their counselling service.
The Zone	<p>The Zone is a young people's substance misuse service in Dudley. They offer a safe, secure place where individuals can talk about any drug or alcohol difficulties. Services offered include:</p> <ul style="list-style-type: none"> ● Individual support and encouragement. ● Time and space to talk. ● Support with family. ● Relapse prevention work. ● Acupuncture. ● Substitute prescribing. ● Needle exchange. ● Workshops. ● Job and Carer support Via Connexions.
What Centre	The What Centre provides holistic mental health and wellbeing support to all young people in the Dudley Borough, aged between 9 to 25 years old. There are a range of support services available for the different ages that can be accessed via self-referral or through a referral by a professional/parent etc.
Winston's Wish	Winston's Wish is a national charity that provides bereavement support, guidance and information to children and young people (up to 25) and their families after the death of someone close to them. They offer a range of practical support via a Freephone Helpline, online resources, individual and group support, publications, and training for professionals.
YoungMinds	Young Minds are the UK's leading charity fighting for children and young people's mental health. This website covers a wide range of diverse topics and provides outstanding support and advice.

19:Children's Article Rights

The United Nations Convention on the Rights of the Child is an important agreement by countries who have promised to protect children's rights. It has 54 articles (parts), and most of these articles list a different right. The Convention explains who children are, all their rights, and the responsibilities of governments. All the rights are connected, they are all equally important and they cannot be taken away from children.

Convention on the Rights of the Child: The child's version

1. Definition of a child

A child is any person under the age of 18.

2. No discrimination

All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.

3. Best interests of the child

When adults make decisions, they should think about how their decisions will affect children. All adults should do what is best for children. Governments should make sure children are protected and looked after by their parents, or by other people when this is needed. Governments should make sure that people and places responsible for looking after children are doing a good job.

4. Making rights real

Governments must do all they can to make sure that every child in their countries can enjoy all the rights in this Convention.

5. Family guidance as children develop

Governments should let families and communities guide their children so that, as they grow up, they learn to use their rights in the best way. The more children grow, the less guidance they will need.

6. Life survival and development

Every child has the right to be alive. Governments must make sure that children survive and develop in the best possible way.

7. Name and nationality

Children must be registered when they are born and given a name which is officially recognized by the government. Children must have a nationality (belong to a country). Whenever possible, children should know their parents and be looked after by them.

8. Identity

Children have the right to their own identity – an official record of who they are which includes their name, nationality and family relations. No one should take this away from them, but if this happens, governments must help children to quickly get their identity back.

9. Keeping families together

Children should not be separated from their parents unless they are not being properly

looked after – for example, if a parent hurts or does not take care of a child. Children whose parents don't live together should stay in contact with both parents unless this might harm the child.

10. Contact with parents across countries

If a child lives in a different country than their parents, governments must let the child and parents travel so that they can stay in contact and be together.

11. Protection from kidnapping

Governments must stop children being taken out of the country when this is against the law – for example, being kidnapped by someone or held abroad by a parent when the other parent does not agree.

12. Respect for children's views

Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.

13. Sharing thoughts freely

Children have the right to share freely with others what they learn, think and feel, by talking, drawing, writing or in any other way unless it harms other people.

14. Freedom of thought and religion

Children can choose their own thoughts, opinions and religion, but this should not stop other people from enjoying their rights. Parents can guide children so that as they grow up, they learn to properly use this right.

15. Setting up or joining groups

Children can join or set up groups or organisations, and they can meet with others, as long as this does not harm other people.

16. Protection of privacy

Every child has the right to privacy. The law must protect children's privacy, family, home, communications and reputation (or good name) from any attack.

17. Access to information

Children have the right to get information from the Internet, radio, television, newspapers, books and other sources. Adults should make sure the information they are getting is not harmful. Governments should encourage the media to share information from lots of different sources, in languages that all children can understand.

18. Responsibility of parents

Parents are the main people responsible for bringing up a child. When the child does not have any parents, another adult will have this responsibility and they are called a "guardian". Parents and guardians should always consider what is best for that child. Governments should help them. Where a child has both parents, both of them should be responsible for bringing up the child.

19. Protection from violence

Governments must protect children from violence, abuse and being neglected by anyone who looks after them.

20. Children without families

Every child who cannot be looked after by their own family has the right to be looked after properly by people who respect the child's religion, culture, language and other aspects of their life.

21. Children who are adopted

When children are adopted, the most important thing is to do what is best for them. If a child cannot be properly looked after in their own country – for example by living with another family – then they might be adopted in another country.

22. Refugee children

Children who move from their home country to another country as refugees (because it was not safe for them to stay there) should get help and protection and have the same rights as children born in that country.

23. Children with disabilities

Every child with a disability should enjoy the best possible life in society. Governments should remove all obstacles for children with disabilities to become independent and to participate actively in the community.

24. Health, water, food, environment

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

25. Review of a child's placement

Every child who has been placed somewhere away from home - for their care, protection or health – should have their situation checked regularly to see if everything is going well and if this is still the best place for the child to be.

26. Social and economic help

Governments should provide money or other support to help children from poor families.

27. Food, clothing, a safe home

Children have the right to food, clothing and a safe place to live so they can develop in the best possible way. The government should help families and children who cannot afford this.

28. Access to education

Every child has the right to an education. Primary education should be free. Secondary and higher education should be available to every child. Children should be encouraged to go to school to the highest level possible. Discipline in schools should respect children's rights and never use violence.

29. Aims of education

Children's education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights, and to respect other people's rights, cultures and differences. It should help them to live peacefully and protect the environment.

30. Minority culture, language and religion Children have the right to use their own language, culture and religion - even if these are not shared by most people in the country where they

live.

31. Rest, play, culture, arts

Every child has the right to rest, relax, play and to take part in cultural and creative activities.

32. Protection from harmful work

Children have the right to be protected from doing work that is dangerous or bad for their education, health or development. If children work, they have the right to be safe and paid fairly.

33. Protection from harmful drugs

Governments must protect children from taking, making, carrying or selling harmful drugs.

34. Protection from sexual abuse

The government should protect children from sexual exploitation (being taken advantage of) and sexual abuse, including by people forcing children to have sex for money, or making sexual pictures or films of them.

35. Prevention of sale and trafficking

Governments must make sure that children are not kidnapped or sold, or taken to other countries or places to be exploited (taken advantage of).

36. Protection from exploitation

Children have the right to be protected from all other kinds of exploitation (being taken advantage of), even if these are not specifically mentioned in this Convention.

37. Children in detention

Children who are accused of breaking the law should not be killed, tortured, treated cruelly, put in prison forever, or put in prison with adults. Prison should always be the last choice and only for the shortest possible time. Children in prison should have legal help and be able to stay in contact with their family.

38. Protection in war

Children have the right to be protected during war. No child under 15 can join the army or take part in war.

39. Recovery and reintegration

Children have the right to get help if they have been hurt, neglected, treated badly or affected by war, so they can get back their health and dignity.

40. Children who break the law

Children accused of breaking the law have the right to legal help and fair treatment. There should be lots of solutions to help these children become good members of their communities. Prison should only be the last choice.

41. Best law for children applies

If the laws of a country protect children's rights better than this Convention, then those laws should be used.

42. Everyone must know children's rights

Governments should actively tell children and adults about this Convention so that everyone knows about children's rights.

43 to 54. How the Convention works

These articles explain how governments, the United Nations – including the Committee on the Rights of the Child and UNICEF - and other organisations work to make sure all children enjoy all their rights.