



# Safeguarding Directory





## Safeguarding contact numbers

<b>Nottinghamshire Multi-Agency Safeguarding Hub (MASH)</b>	<b>0300 500 8080</b>
<i>If you have concerns about the safety of a child</i>	
<b>Broxtowe Women's Project</b>	<b>01773 719 111</b>
<i>Providing support for domestic abuse in Nottinghamshire</i>	
<b>Police (non emergency)</b>	<b>101</b>
<b>Fearless</b>	<b>0800 555 111.</b>
<i>Fearless is the youth service of the Crimestoppers, where you can pass on information anonymously</i>	
<b>Crimestoppers</b>	<b>0800 555 111</b>
<i>A way to give information about crime anonymously 24/7, 365 days a year.</i>	
<b>Act Early</b>	<b>0800 011 3764</b>
<i>A service for members of the public who may be concerned that someone they know is at risk of radicalisation or extremism</i>	

If you are worried about the safety of a child, you can report it confidentially to any of the Designated Safeguarding Leads (DSL) in school. These are:

- Ms Corner-Brown
- Mrs Noyes
- Mrs Traylor
- Miss Hodgkinson
- Miss Revill

**If you, your child, or anyone you are concerned about is at immediate risk of harm, you should contact the police urgently on 999.**

# Online Safety

**Think U Know** is a set of resources developed by the Child Exploitation and Online Protection (CEOP) Centre at website: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) to help educate young people, parents and teachers about safe and positive use of the internet.

**Internet Matters** is a site to support parents in keeping their children safe online including how to set age controls, have conversations with your children. It also has advice for parents of neurodivergent children.

<https://www.internetmatters.org/>

**Know IT All** is a set of resources developed by Childnet International at website: [www.childnet-int.org/kia](http://www.childnet-int.org/kia) to help educate parents and teachers about safe and positive use of the internet.

## Child Exploitation and Online Protection Centre (CEOP)

CEOP work to encourage all organisations that have an online presence where children and young people congregate to adopt the CEOP 'Report Abuse' mechanism.

**Online Safety**  
Follow the SMART rules to stay safe online

- S** Stay **safe** online by not sharing personal information 
- M** Do not **meet** anyone who you have only made friends with online 
- A** Do not **accept** messages or friend requests from strangers 
- R** Not everything online is **reliable**. Some people online are strangers and may try and trick us 
- T** **Tell** an adult you trust if anything happens online that you dont like 

You can report abuse at

website: [www.ceop.gov.uk/saferbydesign/reportabuse.asp](http://www.ceop.gov.uk/saferbydesign/reportabuse.asp)

They also have useful information on how to keep your child safe online

[www.ceopeducation.co.uk/parents/](http://www.ceopeducation.co.uk/parents/)

## **NSPCC**

The NSPCC offers helpful information for parents and carers on a range of issues, such as internet safety, protecting children at home and positive parenting tips.

tel: 0808 800 5000

website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

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

## Child Abuse

If you are concerned about a child at risk of abuse or neglect, report it to:

- **Designated Safeguarding Leads** at school 0115 9496720
- **Nottinghamshire Multi-Agency Safeguarding Hub (MASH)** 0300 500 8080 or <https://www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash>
- **NSPCC** 0808 800 5000 ( 10.00am -4pm Monday - Friday) or email [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

If anyone you are concerned about is at **immediate risk of harm, you should contact the police urgently on 999.**

More information on child abuse and signs to look out for can be found on the links below:

<https://www.nspcc.org.uk/keeping-children-safe/>

<https://nscp.nottinghamshire.gov.uk/resources/for-parents-and-carers/>

# Protecting children from sexual abuse

## Have you talked PANTS yet?

Pantosaurus has helped **over six million parents** to Talk PANTS and help keep children safe from sexual abuse.

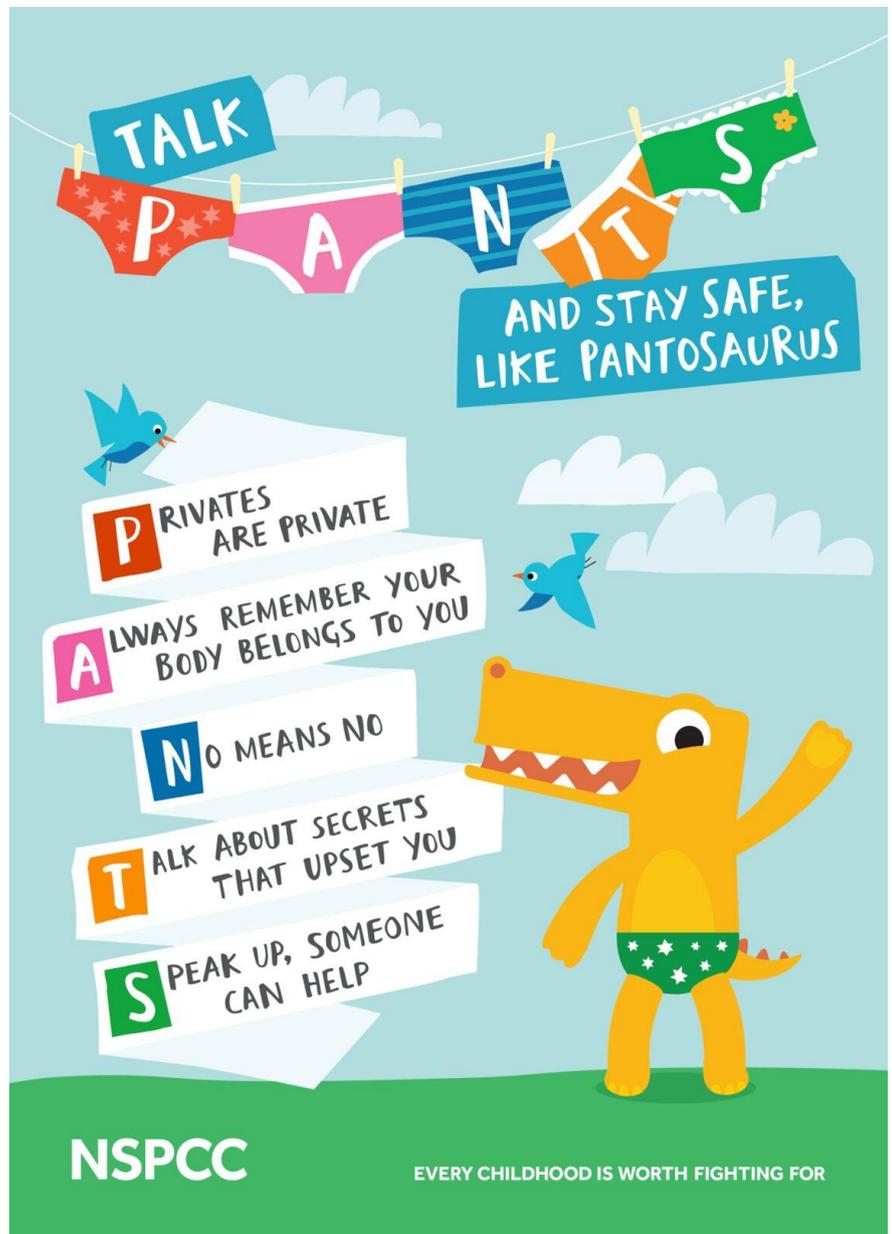
Developed with children, parents, carers and teachers, Talk PANTS was developed to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

## Tips and advice to help keep your children safe

Talk PANTS helps children understand that they have a right to say no and if they need to speak out about something, someone will listen.

A simple conversation can make a BIG difference, and that's what Talk PANTS is all about. Go to the link below for more information

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>



# What are the PANTS rules?

Talking to children about their body



## Privates are private



Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

## Always remember your body belongs to you



Your body belongs to you. No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see, or tries to touch you, underneath your underwear, say 'NO' – and tell someone you trust and like to speak to.

No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it is never your fault. Even if the person who has made you feel uncomfortable, has told you it is your fault.

## No means no



No means no and you always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'no', it's your choice.

## Talk about secrets that upset you



There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.

## Speak up, someone can help



Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even [Childline](#).

Talking should not get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.

# Home alone or out and about

## **The NSPCC has produced a guide to help parents and carers decide whether their child is ready to either stay at home or go out alone**

This guide provides practical tips and advice to help parents and carers decide what is best for their child when it comes to staying home alone or going out alone.

It covers some of the risks parents should consider before making a decision, such as how their child feels about the idea and who they should contact in an emergency.

There is also a checklist for parents and children to work through together to help them prepare for different types of scenarios. This includes questions about what to do if there is an accident at home or they are approached by a stranger outside.

**Home alone guidance** [https://www.nspcc.org.uk/advice-for-families/home-alone/?utm\\_old=homelaone](https://www.nspcc.org.uk/advice-for-families/home-alone/?utm_old=homelaone)

**Staying safe when out** [https://www.nspcc.org.uk/keeping-children-safe/outside-the-home/?utm\\_old=away](https://www.nspcc.org.uk/keeping-children-safe/outside-the-home/?utm_old=away)

[https://www.nspcc.org.uk/advice-for-families/talking-about-difficult-topics/?utm\\_old=difficulttopic](https://www.nspcc.org.uk/advice-for-families/talking-about-difficult-topics/?utm_old=difficulttopic)



## Child Exploitation

Child exploitation is a form of abuse that involves the manipulation of young people. This harm usually takes place outside of the family home so the signs may sometimes be missed. This means parents and professionals may not realise a child is at risk of being exploitation until the risk of abuse has escalated.

Some potential indicators of child exploitation are listed below:

- Sudden changes in friendships or associates, particularly with controlling/older individuals or groups
- Unexplained acquisition of money, clothes, or mobile phones
- Withdrawal; becoming secretive, distant, or avoiding social interactions and activities
- Involved in dangerous and/or offending behaviour
- Threats of harm/actual harm to child and/or family
- Excessive receipt of texts/phone calls and/or having multiple handsets
- Receiving or sharing explicit or harmful material
- Inappropriate sexual knowledge and/or reports of sexual harm
- Travelling/being transported: unexpectedly, secretly, regularly to unknown addresses, out of area, in taxis, on trains, private cars
- Suspected drug related activity and found with drugs, scales, money
- Carrying/using weapons
- Gang association or isolation from peers or social networks

If you are concerned that your child is being exploited, then you can report it to:

- **Safeguarding Leads** at school 0115 9496720
- **Nottinghamshire Multi-Agency Safeguarding Hub (MASH)** 0300 500 8080 or  
<https://www.nottinghamshire.gov.uk/care/safeguarding/childrens-mash>

Support for parents and carers impacted by child exploitation

If you are a parent or carer who is impacted by child exploitation, then you may find the following resources helpful



<https://iversontrust.org.uk/> - supporting families affected by child exploitation



<https://nwgnetwork.org/> - working to prevent and support those affected by child exploitation



<https://www.missingpeople.org.uk/get-help/help-services/exploitation-and-county-lines> - supporting families impacted by child exploitation

## Domestic Abuse

If you are experiencing domestic abuse, school can provide a safe space for you to make calls and access support confidentially. Speak to one of our Designated Safeguarding Leads Ms Corner-Brown, Mrs Noyes, Miss Hodgkinson, Mrs Traylor or Miss Revill.

**Broxtowe Women's Project** can provide support and advice for people experiencing domestic abuse or survivors of abuse. Call 01773 719 111

See links below for further support for domestic abuse



**Broxtowe Women's Project:**

<https://broxtowewomensproject.org.uk/>



**Women's Aid** [www.womensaid.org.uk](http://www.womensaid.org.uk) or tel: 08457 023 468



**Refuge:** <https://refuge.org.uk/i-need-help-now/how-we-can-help-you/national-domestic-abuse-helpline/>  
<https://www.nationaldahelpline.org.uk/>

**NSPCC guide on how to talk to children about domestic abuse**

<https://www.nspcc.org.uk/advice-for-families/talking-child-domestic-abuse/>

## **Worried that someone you know might have a history of domestic abuse? Clare's Law can help you.**

Clare's Law allows the police to release information about any previous history of violence or abuse a person might have. It means they can provide information that helps protect people at risk.

Under Clare's Law you can apply for information about:

- a current or ex-partner that you still have contact with, because you're worried they may have a history of abuse, and are a risk to you
- a current or ex-partner of a friend or relative that they still have contact with, because you're worried they might be at risk

### **How to make a request**

- A Clare's Law request can be made by calling 101, online or at a police station. Online requests can be made at:  
<https://www.nottinghamshire.police.uk/rqo/request/ri/request-information/cl/triage/v2/request-information-under-clares-law/>
- For further information visit [www.clares-law.com](http://www.clares-law.com)

## **Food banks**

Did you know that school can support foodbank referrals? Don't go hungry, allow us to help you. Speak to the school office, Ms Corner-Brown or Mrs Noyes in confidence. We are here to help.

## Mental Health

If you need support for your child with any aspect of their mental health or emotional wellbeing then please have a look at the links below. They are all recommended by Nottinghamshire educational psychology service and provide support for children, young people and their parents/carers. Please also speak to your GP or your child's teacher if you have concerns.

**NottAlone**

**NottAlone** – a website that provides local mental health advice for children, parents and carers on a wide range of issues including anxiety, bereavement, anger and self-harm. <https://nottalone.org.uk/?a=yp>

**Be U** **Notts**  
SUPPORT WHEN YOU NEED IT

**Be U Notts** – free early mental health and emotional wellbeing support for children and young people in Notts.

<https://www.beusupport.co.uk/>

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Childline Calm Zone** – breathing exercises, activities, games and videos to help children let go of stress.

<https://www.childline.org.uk/toolbox/calm-zone/>

**YOUNGMINDS**  
fighting for young people's mental health

**Young Minds** – a mental health charity for children and young people. Includes a parents helpline and support for children and young people. <https://www.youngminds.org.uk/>

# Crime

## Fearless

Fearless is an organisation that enables young people to pass on information about crime 100% anonymously and is the youth division of Crimestoppers

<https://crimestoppers-uk.org/fearless/what-is-fearless>

## Drug or alcohol misuse

Worried about alcohol or drug abuse?

**Change Grow Live (CGL)** Can provide support on 01623 703373

<https://www.changegrowlive.org/>

## Radicalisation

### Act Early

It can be hard to know what to do if you are worried someone is expressing extreme views or hatred, which could lead to them harming themselves or others. Act Early can listen to your concerns in confidence.

<https://actearly.uk/> or call:0800 555 111

# Safeguarding Tips for Parents and Carers

## Speaking Up and Staying Safe

In school, we continue to remind children that speaking up keeps everyone safe — whether the worry is about something they've seen online, something said by another child, or a situation that doesn't feel right.



### You can help by:

- Listening first. If your child tells you something worrying, stay calm and thank them for sharing.
- Reassuring them. Make sure they know they won't be in trouble for speaking up — even if it involves friends or older children.
- Regularly checking your child's phone messages (*WhatsApp's minimum age in the UK is 13*), and any in-game chat functions. Children will often say things online that they would not say face to face.
- Keeping conversations regular. Short, open chats about safety — at school, online, or in the community — help children know they can always come to you.
- Reporting concerns quickly. If your child tells you about something that worries them, please let us know and, if needed, contact the police.

### For further advice, visit:

- NSPCC – Helping children share their worries

**Together, we can help children feel heard, protected, and confident to ask for help whenever they need it.**

