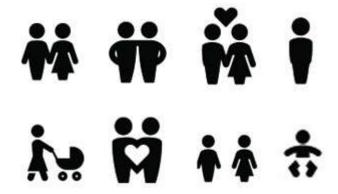




Family Information Services and Resource Pack

Sexual Behaviour



The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help



Local Services:

Shropshire's safeguarding Children Board:

Shropshire children's safeguarding board has developed a protocol with the understanding that most young people under the age of 18 will have an interest in sex and sexual relationships. Where sexual activity involving children and young people below the age of legal consent comes to the attention of agencies, it will not necessarily be appropriate to initiate the child protection procedures.

Child Protection Concerns Contact no: 03456789021

Shropshire's Protocol for Professionals Working with Sexually Active Young People under the age of 18 in Shropshire

Young People Under the Age of 13

Under the Sexual Offences Act 2003, children under the age of 13 are considered of insufficient age to give consent to sexual activity and penetrative sex is classified as rape. If a child under the age of 13 discloses penetrative sex, or other intimate sexual activity, the member of staff should always talk to their designated child protection lead, who should fully document discussions.

In all cases where the sexually active young person is under the age of 13, a Referral to Children's Social Care and the police must be made. In order for this to be meaningful, the young person will need to be identified, as will their sexual partner if details are known.

Following the referral there may be one of many responses.

When a girl under 13 is found to be pregnant, a Referral to Children's Social Care Initial Contact Team must be made and a Strategy Discussion may be held. At this stage a multi-agency support package should be formulated using the Teenage Pregnancy Care Pathway.

Young People Between 13 - 16

The Sexual Offences Act 2003 reinforces that, whilst mutually agreed, nonexploitative sexual activity between teenagers does take place and that often no harm comes from it, the age of consent should still remain at 16. This acknowledges that this group of young people is still vulnerable, even when they do not view themselves as such.

Sexually active young people in this age group will still have to have their needs assessed using the Brook Sexual Behaviours Tool and this protocol. Discussion with



Children's Social Care will depend on the level of risk/need assessed by those working with the young person.

This difference in procedure reflects the position that, whilst sexual activity under 16 remains illegal, young people under the age of 13 are not capable to give consent to such sexual activity.

Young People Between 16 - 18

Although sexual activity in itself is no longer an offence over the age of 16, young people under the age of 18 are still offered the protection of Child Protection Procedures under the Children Act 1989. Consideration still needs to be given to issues of sexual exploitation and abuse of power in circumstances). Young people, of course, can still be subject to offences of rape and assault and the circumstances of an incident may need to be explored with a young person. Young people over the age of 16 and under the age of 18 are not deemed able to give consent if the sexual activity is with an adult in a position of trust or a family member as defined by the Sexual Offences Act 2003.

Shropshire Sexual Behaviours Pathway:

Structure of the Manual

This manual contains the policies, procedures and guidance for the Safeguarding Children Boards of Herefordshire, Shropshire, Telford & Wrekin and Worcestershire; these Boards form the West Mercia Consortium.

http://westmerciaconsortium.proceduresonline.com/chapters/p_shrop_sexactiv_yp.html

Brook Traffic Light guidance:

This innovative resource helps professionals who work with children and young people to identify, assess and respond appropriately to sexual behaviours. It uses a 'traffic light tool' to categorise sexual behaviours, to increase understanding of healthy sexual development and distinguish this from harmful behaviour. By identifying sexual behaviours as **GREEN**, **AMBER** or **RED**, professionals across different agencies can work to the same criteria when making decisions and protect children and young people with a unified approach

http://www.brook.org.uk/old/index.php/guidance



Healthy Relationships

A healthy relationship is one where you feel loved, safe, respected and free to be yourself. Not all relationships are healthy. Some relationships are abusive. It is important to remember that:

- Abuse in a relationship can happen to anyone.
- It's NEVER ok.
- It can destroy your self-confidence, have a negative impact on your health and wellbeing and leave you feeling isolated and lonely.

http://www.safeguardingshropshireschildren.org.uk/scb/chi_relationships.html

Child Sexual Exploitation

Child Sexual Exploitation is a Shropshire Safeguarding Children Board priority and as a parent or carer, you could have an important role to play in protecting children from exploitation, helping to cut them free from this horrific form of child abuse.

Sexual exploitation is a form of sexual abuse, in which a young person is manipulated, or forced into taking part in a sexual act. This could be as part of a seemingly consensual relationship, or in return for attention, affection, money, drugs, alcohol or somewhere to stay.

(Website)

http://www.safeguardingshropshireschildren.org.uk/scb/par_exploitation.html#cse (Know the signs)

http://www.safeguardingshropshireschildren.org.uk/scb/files/CSE%20community%20 flyer.pdf

Guidance for Practitioners.

Child Sexual Exploitation

http://westmerciaconsortium.proceduresonline.com/chapters/g_cse_practit.html

Practitioner's toolkit SSCB:

http://westmerciaconsortium.proceduresonline.com/chapters/g_cse_practit.html



Gov.uk: Find out if a person has a record for child sexual offences

The child sex offender disclosure scheme lets those who care for young people find out if a person has a record for child sexual offences.

The child sex offender disclosure scheme allows parents, carers and guardians to formally ask the police to tell them if someone has a record for child sexual offences.

The aim of this scheme is to keep children safer.

https://www.gov.uk/guidance/find-out-if-a-person-has-a-record-for-child-sexual-offences

Sharing Information with Parents and Carers:

Decisions to share information with parents and carers will be taken using professional judgement, consideration of Fraser guidelines and in consultation with these procedures. Decisions will be based on the child's age, maturity and ability to appreciate what is involved in terms of the implications and risks to themselves. This should be coupled with the parents' and carers' ability and commitment to protect the young person. Given the responsibility that parents have for the conduct and welfare of their children, professionals should encourage the young person, at all points, to share information with their parents and carers wherever safe to do so. Follow organisations Confidentiality policy and see the SSCB Information Sharing and Confidentiality.

Fraser Competent:

Fraser Competent is a term used to describe a child under 16 who is considered to be of sufficient age and understanding to be competent to receive contraceptive advice without parental knowledge or consent. (The term is therefore narrower than the term <u>Gillick Competent</u> although it is often used to mean the same thing.)

- The child will understand the advice;
- The child cannot be persuaded to tell his or her parents or allow the doctor to tell them that they are seeking contraceptive advice;
- The child is likely to begin or continue having unprotected sex with or without contraceptive treatment;



 The child's physical or mental health is likely to suffer unless he or she receives contraceptive advice or treatment.

Gillick Competent:

A Gillick competent child is a child under 16 who has the legal capacity to consent to medical examination and treatment, i.e. s/he is able to demonstrate that s/he has sufficient maturity and intelligence to understand and appraise the nature and implications of the proposed treatment, including the risks and alternative courses of action. The term 'Gillick competent' is also often used to describe children who are capable of giving consent to other matters requiring their decision without parental consent, i.e. where they are capable of understanding what is proposed and can express his/her own wishes. It has a wider meaning than the term Fraser Competent which specifically refers to contraceptive advice.

NHS Choices

NHS Sexual health services in Shropshire.

http://www.healthyshropshire.co.uk/topics/sexual-health/

NHS sexual health services for young people.

Shropshire Health for Youth provides on the spot information for young people. Also offers condoms, emergency contraception, pregnancy testing and chlamydia screening.

http://www.nhs.uk/Service-Search/Sexual-health-services-for-young-people/Shropshire/Results/163/-

The role of the counsellor and referral form



CRUSH:

CRUSH is all about helping young people make safe, healthy relationships. The CRUSH project is for anyone aged 13 -19 that has experienced, witnessed or would like awareness of abusive relationships.



CRUSH is suitable for both males and females, as well as those exhibiting victim and perpetrator traits.

http://www.westmerciawomensaid.org/crush/directory/browse-by-area/shropshire/userslist/Shropshire

Crush referral Line: 0800 014 9084

Email: crush@westmerciawomensaid.org

Say something if you see it:

Shropshire Council, West Mercia Police and representatives from across the health economy

A campaign that aims to encourage hotels, nightclubs, taxi firms and local communities to recognize and report signs of child sexual exploitation has been launched by Shropshire's Safeguarding Children Board (SSCB).

http://shropshire.gov.uk/news/2015/03/campaign-aims-to-raise-awareness-of-child-sexual-exploitation/

Shropshire Council FPOC: 03456789021

Emergency Duty Team: 0345 6789040

Police: 999

Local: 101

Axis Counselling

Axis Counselling is a service specifically dedicated to help people who have suffered trauma. This includes: Childhood Sexual Abuse, Emotional Abuse, Physical Abuse, Rape and Sexual Assault.

Axis is a registered charity based in Shropshire & Telford & Wrekin.

AXIS 4 Young People

Axis offers several services. One of which is Axis 4 Young People which offers one to one counselling for young people – male and female, aged 11 to 25 years. This includes working with victims of childhood sexual exploitation and trafficking.

Fletcher House, 15 College Hill Shrewsbury, SY1 1LY The Glebe Centre, Glebe Street, Wellington, Telford, TF1 1JP

Axis Counselling, Monday to Friday - 10am to 4pm.

Tel: 01743 357777 or 01952 278000



Shropshire Condom Distribution Scheme

The Shropshire Condom Distribution Scheme (CDS) is a confidential service which provides free condoms for young people aged 13 to 19 years. This means that you can discuss personal information in confidence with anyone who works within CDS. We will not discuss your information with anyone else without your permission. We would only pass on any information to protect you or someone else from serious harm.

http://www.healthyshropshire.co.uk/topics/sexual-health/condom-distribution-scheme/

Sexual Health Service, Severn Fields Health Village, Sundorne Village, Shrewsbury, SY1 4RO

For all enquiries regarding the Community Sexual Health Service please call: **0300 123 0994**

National Services:

Stop It Now

Stop it now! England works across the country to ensure that parents, carers and professionals are as best placed as they can be to protect children from sexual abuse.

Tel: 01372 847 160

Email: help@stopitnow.org.uk

http://www.stopitnow.org.uk/ (Website)

http://www.stopitnow.org.uk/england_publications_and_resources.htm (Resources)

Be aware, stay alert, keep safe!

Leaflet for children / young people published by Barnardo's

If you are worried about a situation, that you or a friend is in, talk to, an adult that you trust as soon as you can. People who can help you, include teachers, parents, carers and social workers.

http://www.safeguardingshropshireschildren.org.uk/scb/files/spot_the_signs_cyp.pdf



The Lucy Faithfull Foundation

The Lucy Faithfull Foundation (LFF) is the only UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. We work with families that have been affected by sexual abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.

http://www.lucyfaithfull.org.uk/home.htm

If you or someone you know has been accessing indecent images of children on line.

WHAT CAN YOU DO?

http://www.lucyfaithfull.org.uk/files/N-Helping%20you%20v7-pages.pdf

Information for parents and carers of young people? Who have concerns about a young person's sexual behaviour. If your child's sexual behaviour, either online or in the 'real world', has raised concerns about sexual harm to them or others, what can you do?

Leaflet for parent

http://www.lucyfaithfull.org.uk/files/inform_yp_parents_leaflet.pdf

Information for agencies working with young people and their families, such as Children's Services, schools, police forces and NGOs

We can provide services for young people with problematic sexual behaviour on the internet and in the 'real world'

Leaflet for professionals

http://www.lucyfaithfull.org.uk/files/inform_yp_agencies_leaflet.pdf

FPA

Talking to your children about growing up, relationships, sex (and everything else that goes with it) doesn't have to be difficult.

FPA Website

http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers

Resource's for 6–11 (Key stages 1 and 2)

Nisha and Joe:

http://www.fpa.org.uk/sites/default/files/lets-grow-with-nisha-and-joe-non-printing.pdf

4 You:

http://www.fpa.org.uk/sites/default/files/4you-non-printing.pdf



What you need to know about periods:

http://www.fpa.org.uk/sites/default/files/periods-what-you-kneed-to-know.pdf

Resource's for Age 11 and above (Key stages 2 and 3)

A guide to the Male body:

http://www.fpa.org.uk/sites/default/files/4boys-male-body-growing-up-puberty.pdf

A guide to the female body:

http://www.fpa.org.uk/sites/default/files/4girls-female-body-growing-up-puberty.pdf

Love, Sex and Relationships

http://www.fpa.org.uk/sites/default/files/love-sex-relationships.pdf

Is everybody doing it?

http://www.fpa.org.uk/sites/default/files/is-everybody-doing-it-your-guide-to-contraception.pdf

Beginners guide to sexually transmitted infections

http://www.fpa.org.uk/sites/default/files/love-stings-beginners-guide-to-sexually-transmitted-infections.pdf

Resource's Age 14 and above (Key stage 3 and 4)

http://www.fpa.org.uk/sites/default/files/is-this-love-non-printing.pdf

Resource's Age 16 and above

http://www.fpa.org.uk/sites/default/files/love-sex-life-booklet-non-printing.pdf

Parents Protect

Resource for parents provided by The Lucy Faithfull Foundation

A guide for parents, of children, young people who have got into trouble on line

http://www.lucyfaithfull.org.uk/young_people.htm

Giving parents and carers practical information that will help them keep youngsters safe from harm.

http://www.parentsprotect.co.uk/

Telephone: 0808 1000 900



NSPCC

Sex and sexuality are important parts of everyone's make-up, and sexual behaviour starts at a very early age. As children get older, the way they behave and express these feelings changes and they move through different, and normal, phases.

There's no doubt that children these days are exposed to sexual images at a far younger age and in far more places than ever before, including music videos, websites and social media. So it's not surprising that sometimes children's sexual development can seem out of sync with their age.

It's important that you have a good idea of what's normal sexual behaviour and can also spot the warning signs that something might not be quite right.

http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/

help@nspcc.org.uk

Telephone: 0808 800 5000

PANTS

Teach your child the Underwear Rule and help protect them from abuse. It's a simple way that parents can help keep children safe from sexual abuse, without using scary words or even mentioning sex.

http://www.nspcc.org.uk/globalassets/documents/advice-and-info/the-underwear-rule---guide-for-parents-new-brand.pdf

(Resources for Children)

http://www.nspcc.org.uk/globalassets/documents/advice-and-info/underwear-rule-children-guide-english.pdf

Think u Know

It's normal for young people to be curious about sex and relationships. As parents and carers there may be occasions when you are concerned about how your child is exploring this – for example if you think they may be sharing nude images of themselves online. Whether you are worried that your child is in a harmful relationship, or that they are making themselves vulnerable

(Concerned/ worried about your child the internet and sex)

https://www.thinkuknow.co.uk/parents/Concerned-about-your-child/worried-about-your-child-the-internet-and-sex/

(Worried your child is being sexually abused)



https://www.thinkuknow.co.uk/parents/Concerned-about-your-child/worried-your-child-is-being-sexually-abused/

Share aware:

Children and young people spend a lot of time online – it can be a great way for them to socialise, explore and have fun. But children do also face risks such cyberbullying or seeing content that's inappropriate. That's why it's important for them to know how to stay safe online.

http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/

On line abuse

Online abuse is any type of abuse that happens on the web, whether through social networks, playing online games or using mobile phones. Children and young people may experience cyberbullying, grooming, sexual abuse, sexual exploitation or emotional abuse.

http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/online-abuse/what-is-online-abuse/

On Line Grooming:

Children and young people can be groomed online or in the real world, by a stranger or by someone they know - for example a family member, friend or professional.

http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/grooming/what-is-grooming/

Sexting:

'Sexting' is the exchange of self-generated sexually explicit images, through mobile picture messages or webcams over the internet.

http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/

Sexual exploitation:

Sexual exploitation of children and young people under 18 involves exploitative situations, contexts and relationships where young people (or a third person or persons) receive 'something' (e.g. food, accommodation, drugs, alcohol, cigarettes, affection, gifts, money) as a result of them performing, and/or another or others performing on them, sexual activities.



http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-exploitation/what-is-child-sexual-exploitation/

Signs, symptoms and effects:

http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-exploitation/signs-symptoms-and-effects/

Porn:

Keeping children face from on line porn http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-porn/

Brook

Brook provides free and confidential sexual health and wellbeing services for over 275,000 young people UK-wide, each year.

In everything we do, we try to help young people to make positive and healthy lifestyle choices and to improve their personal health and emotional wellbeing.

https://www.brook.org.uk/

Brook sexual health services your rights:

When it comes to sexual health services, you have the same rights whether you are over 16 or under 16 and regardless of your sexuality or gender.

https://www.brook.org.uk/our-services/category/sexual-health-services-your-rights

PACE

Pace is the leading national charity working with parents and carers whose children are sexually exploited.

Parent's access information and help via our national telephone support service and connect with others at events & in our online forum.

http://www.paceuk.info/wp-content/uploads/Keeping-it-together-PDF.pdf

Keeping it together (A Parents' guide to coping with sexual exploitation)



Talking to your teen about porn.

Family Lives

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life.

It isn't a case of if a young person will be exposed to pornography but when.

Children and young people are now able to access porn online very easily. Whether by accident – website popups and misleading links, or because they are actively looking, it's important for us to help young people understand the impact porn can have on them and their relationships.

If you would like support and advice telephone 0808 800 2222

http://www.familylives.org.uk/advice/teenagers/sex/porn/

http://www.familylives.org.uk/advice/secondary/online/pornography/



Abuse is not normal and never ok. If you are in a relationship with someone, you should feel loved, safe, respected and free to be yourself.

http://thisisabuse.direct.gov.uk/

ChildLine

You can call Child Line at any time on 0800 1111 to speak to a counsellor. Calls are free and confidential.

Sexual identity:

Part of your sexual identity might involve working out if you are attracted to boys, girls, or both. It is normal for young people to become aware of their emotional and sexual feelings at different times.

http://www.childline.org.uk/Explore/sexual-identity/Pages/Sexual-Identity.aspx



Contraception:

http://www.childline.org.uk/Explore/SexRelationships/Pages/contraception.aspx

What are the symptoms of an STI?

Some sexually transmitted infections don't have any symptoms at all, so if you have had unprotected sex, you are still at risk of having an STI.

http://www.childline.org.uk/Explore/SexRelationships/Pages/sexually-transmitted-infections.aspx

On line Porn:

This page is for young people aged 12 and over. Some of the language and types of things explained are not appropriate for younger children.

http://www.childline.org.uk/Explore/OnlineSafety/Pages/Online-porn.aspx

<u>Sexting</u>: When people talk about sexting, they usually refer to sending and receiving: Naked pictures or 'nudes', 'Underwear shots', sexual or 'dirty pics', rude text messages or videos.

http://www.childline.org.uk/Explore/OnlineSafety/Pages/Sexting.aspx



Female Genital Mutilation (FGM).

ANNEX A - RESOURCES:



10 July 2015

LETTER FROM JANE ELLISON, PARLIAMENTARY UNDER SECRETARY OF STATE FOR PUBLIC HEALTH - FEMALE GENITAL MUTILATION (FGM).

The next few weeks are commonly known amongst anti-FGM campaigners, not without good reason, as the 'cutting season'. This horrific name marks a time of year when many young girls are taken abroad to have FGM performed, in order that they can 'heal' over the long summer holiday period — mainly to avoid detection when they return to school.

Frontline staff are crucial in identifying and protecting against FGM, so the NHS must be even more vigilant in the coming weeks and take every possible action to prevent this abhorrent practice. Some of the signs to look out for are:

- Young girls attending for inoculations to travel to countries with high FGM prevalence;
- Young girls talking about travelling home for 'special' ceremonies or rituals; Families planning absence from school that would extend the summer holiday period.

I would also like to remind you of the safeguarding requirements on the NHS as there have been a number of recent developments for health professionals around FGM (see Annexes). Please cascade this information amongst your staff and ensure they are fully aware of their responsibility to protect girls from this act, which is illegal in the UK and extends to cover girls taken overseas.

NSPCC helpline staff have now been trained by FGM health experts so that NHS staff can receive support from a 24/7 team of advisors who can discuss the often complex circumstances surrounding cases of FGM. The helpline number is 0800 028 3550. Please ensure that your staff are aware of this important source of information and assistance

Please also make sure that your organisation has stocks of the 'Statement Opposing FGM' leaflet (a wallet-sized document sometimes known as the "health passport") for families travelling abroad who may be pressured to allow girls to undergo FGM. These are available to download from www.nhs.uk/fgm or to order from www.orderline.dh.gov.uk in a wide range of languages.

Thank you for your invaluable support in protecting girls.

Training:

FGM e-learning training modules: Raising awareness of female genital mutilation. The five e-learning modules are free of charge to all NHS staff via the 'e-learning for health' platform and cover a range of issues in relation to FGM at all stages of a girl or woman's life including:

- Introduction to FGM;
- Adult women both pregnant and non-pregnant;
- Children and young women;
- Communication skills for staff;
- Legal and safeguarding issues.

These e-learning modules have been developed by Health Education England and are available at: www.e-lfh.org.uk/programmes/female-genital-mutilation

Safequarding guidance:

Female genital mutilation risk and safeguarding – guidance for professionals Published by the Department of Health in March 2015, this provides support to NHS organisations when developing or reviewing safeguarding policies and procedures around female genital mutilation (FGM). It can be used by health professionals from all sectors, particularly designated and named safeguarding leads, and local safeguarding children board members. The guidance is available at:



https://www.gov.uk/government/publications/safeguarding-women-and-girls-at-risk-of-fgm

'Statement Opposing FGM':

This wallet-sized leaflet is a preventive tool for families travelling to FGM practising Countries. It can be shown to family members who may be pressuring a girl to undergo FGM. It is signed by a number of government Ministers and clearly states that FGM is

Illegal, details the health problems it causes and lists sources of support. Available in English and ten other languages:

www.nhs.uk/fgm and www.orderline.dh.gov.uk

Patient Information Leaflet:

More information about FGM - This leaflet is to be given to patients identified with FGM. It defines the different types of FGM, explains the health consequences and the help and support available, and provides information on the FGM data being collected in the NHS. Available in English and ten other languages:

www.nhs.uk/fgm and www.orderline.dh.gov.uk

ANNEX B - REQUIREMENTS:

Safeguarding duties:

The forthcoming FGM mandatory reporting duty will require a referral to the police every time a confirmed case of FGM is identified in a child under 18 years of age. We will issue guidance and advice on this in due course and assure you that we will work with you to ensure the implementation of the duty across the NHS is as smooth as possible.

In the meantime, safeguarding responsibilities remain as before and as for all other forms of child abuse. This gives us the opportunity to protect girls and prevent FGM before it can take place. All NHS staff must take appropriate safeguarding action every time they identify a child with, or at risk of FGM following local safeguarding arrangements.

Recording FGM data:

Acute Trusts put in significant efforts during the last financial year to comply with the mandatory requirement to record FGM in a patient's healthcare record and submit monthly returns, which were then published by the Health and Social Care Information Centre. I would like to take this opportunity to thank you all for your support and the work you have done to ensure compliance with this requirement within your Trust. Your engagement to date means we now have a much more informed picture of FGM across the NHS patient population. This is invaluable for commissioning the right services, targeted where they are needed. It also means that the NHS is in a better position to provide the right care for women living with FGM and to protect girls at risk.

On 1 April 2015, we published a new information standard, 'SCCI 2026 FGM Enhanced Dataset', which revised what information is collected, and the method and frequency of collection. It is now mandatory for acute Trusts to comply with these updates. The requirement to record FGM data has also been expanded to GP practices and Mental Health Trusts who will be required to submit information under



the Enhanced Dataset when treating patients who have FGM, and ensure that they are compliant by October 2015 at the latest. Please ensure that over the summer and beyond this important and valuable information collection continues to develop in your Trust – it is vitally important that you maintain the good work done to date. To support this we have sent every General Practice an FGM information pack containing a range of resources and materials.