

## Parents: Getting help

If you are concerned that your child is being sexually exploited then there are people who can help.

### The police: Ring 999 or 101

The police care a lot about the safety of children and young people. If you think your child is in immediate danger then ring 999 or you can report concerns by dialling 101. You can also tell the police if your child has gone missing.

**Pace:** Ring 0113 2403040 or visit [www.paceuk.info](http://www.paceuk.info)

If you have concerns that your child is being exploited you can speak to PACE. They offer a national support team who can talk to you about your immediate concerns, help you to assess the level of danger your child is in, and signpost you to agencies in your area who may be able to give you local support. They take calls during office hours, Monday to Friday.

## Believe in children



**Barnardo's**

[www.barnardos.org.uk](http://www.barnardos.org.uk)

Barnardo's Registered Charity Nos. 216250 and SC037605

**NSPCC:** 0808 8005000

You can ring the NSPCC helpdesk on 0808 8005000 to report concerns and get advice if you are concerned about your child being exploited. They can be accessed 24 hours a day.

**CEOP:** <https://www.thinkuknow.co.uk/parents/>

CEOP provide lots of information about helping your children to stay safe on line. You can report online concerns to them.

**The National working Group**  
<http://www.nwgnetwork.org/services>

If you would like to know what agencies there are local to you then please visit the NWG who have a list of all local agencies.

**Barnardo's** [http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/sexual\\_exploitation.htm](http://www.barnardos.org.uk/what_we_do/our_work/sexual_exploitation.htm)

For more information and research about child sexual exploitation and how it effects children and young people.

**Remember, if you are concerned about your child there are people in your child's school you can talk to.**



# Parents Top Tips

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- 1** Spend time with your child, support them and let them know you love them. Remind them that if they ever have a problem or are concerned by something/someone they can come to you.
- 2** Encourage them to talk to you about anything, remind them it's ok for them to ask questions or share things with you even when things have gone wrong.
- 3** Know who their friends are, talk about them with your child and be cautious of any friends or older people who seem to have power over them.
- 4** Make sure that when they take their phone with them, ensure that it's charged and has credit or can be used to message you for free. Being on the same network often means you can message each other for free or there are simple apps available that can help you stay in touch.
- 5** Know where they go to hang out, make sure you feel it's an appropriate place for your child to be.
- 6** If they're going out encourage them to have a plan of how they are getting where they are going and how they are getting back. Ensure they have got enough money for this plan and agree a time to return home.
- 7** Drinking alcohol and taking drugs can make children unaware of risky situations and can make them a target for someone who may want to hurt them. If you think your child is drinking chat to them about the dangers, how to know their limits and how to seek medical help if they or a friend feels unwell.
- 8** If your child seems to be receiving free gifts/ things from someone encourage them to think about what that person might want in return.
- 9** Take an interest in your child's online life; the people that they're friends with, talk to, game with and the photos they post or receive. If they want to meet up with people offline make sure they take an adult with them and meet in a public place.
- 10** Help your child stick to age restrictions on games, websites, videos and apps. If they are designed to be used by adults then chances are your child will be interacting with people older than them. Ask yourself if you would feel uncomfortable if your child was chatting to lots of unknown adults in the street and apply the same.

