

Every child has the right to feel safe and have a happy childhood

This content has been co-produced by NICE and SCIE and is based on NICE's guideline on child abuse and neglect.

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Abuse or neglect of a child or young person is very serious and against the law.

If this has happened to you, it is really important you get the help and support you need. A guideline has been developed by NICE for people who work with children and young people to make sure they listen to your wishes and feelings and give you the best possible support.

This quick guide will help you understand what support you should expect.

What is child abuse and neglect?

Child abuse

is anything that someone does to cause harm to a child or young person. It can include:

- Physical abuse such as hitting, punching, burning, kicking or using weapons.
- Sexual abuse forcing you to have sex; touching you or making you touch them. This type of abuse can also happen online and includes making you watch pornography or forcing you to send intimate pictures.
- Emotional abuse making you feel scared, worthless or unloved; ignoring you; controlling who you spend time with or where you go; constantly checking where you are or who you are with.

Neglect

is the ongoing failure to care properly for a child, for example not providing enough food, clothes or a safe place to live, or not getting medical care for you when you need it. It is also about a lack of love, care or attention.

About this quick guide

'Our voices are important.'

Young people involved in developing this guide

This guide has been written by young people who have experienced abuse or neglect.

15 young people from around the country were supported by AVA to help develop the NICE guideline on child abuse and neglect. They did this by talking about their experiences of seeking help and support, including sharing the challenges they faced as well as what worked well. When the guideline was finished, they wanted to write a quick guide to help other young people find out what support they are entitled to.

Two groups of young people worked with AVA again to design this guide, including agreeing which messages from the NICE guideline were most important to highlight, They hope it will help others in similar situations get the help and support they need and deserve, and urge practitioners to share it with the young people they meet.

You don't have to live in silence, feel trapped or be alone any more.' Young people involved in developing this guide









How you may feel...

Not everyone is affected in the same way but abuse can change your feelings and behaviour in the following ways:

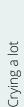












Being afraid









Feeling suicidal

keep control Wanting to

Not feeling like talking

Other signs could include:

- Eating disorders or using drugs or alcohol
- Being dirty or not having enough clothes or food
- Hurting yourself
- Nightmares
- Being very affectionate with strangers
- Running away

Remember that what happened was not your fault.

What difference can the right support make?

A young person's story

She didn't push me, we went step by step on my terms. She showed that anything to avoid being at home. We had different social workers coming actually felt like there could be some hope, that life didn't have to always Would they even believe me? But there was this one woman who didn't skipped school, hung around with mates who were a bit older than me, round over the years. I didn't want to talk to them. What could they do? she really cared, and she gave me different options – for the first time I give up. She actually talked to me and didn't treat me like a useless kid. all the time, and then I just kind of started to feel numb to everything. I Things were hard at home for a long time. I remember being scared oe like this.

help them talk about what happened when my dad lived with us. And she spoke to my teachers so they understood why I was acting like I was. I do really want to learn, I just didn't think I was worth bothering about. But She found help for my mum and little brother too. They go to a group to now I know I am. Abuse can make you feel helpless and as though you are totally under the nelps you to make choices as well as helping other people to understand control of another person. It's really important that any help or support doesn't take even more control away from you, but empowers you and what you have been through.



What do I do now?

with organisations like National Youth Advocacy Service If you are finding it difficult to get support you could get in touch (<u>https://youngpeople.nyas.net/)</u>, or **Help at Hand**

and taken seriously, and help you get the services you are entitled to They can make sure your views, feelings and wishes are heard (https://www.childrenscommissioner.gov.uk/help-at-hand/).

Who else could help me?

keyworker, teacher, social worker – and they should follow this guideline. If you need help you can speak to an adult you trust. It may be a doctor

speak to confidentially: young people affected by abuse and neglect. Here are some that you can There are also lots of organisations who specialise in helping children and









0800 1111 Childline

0808 802 9999 Rape Crisis

01708 765200 SupportLine

The Hideout







belp a hand

0808 1000 900 Stop It Now! Helpline

Advocacy Service 0808 808 1001 National Youth

> 0800 528 0731 Help at Hand

What does the guideline say?

People working with children and young people should..

- \checkmark Involve you in decisions about your life your opinion should be taken into account
- ✓ Find the right way to communicate it's ok to ask if you don't understand something
- Explain about confidentiality when they may have to share information, what they will share and who with
- ✓ Ask permission if they need to touch you (for example, to examine you) and explain what they are going to do
- ✓ Write down, in your words, what you have talked about and get you down too to sign it – if you disagree with what they say, this should be written
- Share any reports and plans with you
- ✓ Tell you how to contact them, including out of hours, and check how you want them to contact you
- ✓ Work with other organisations to make sure you don't need to keep re-telling your story to different professionals
- Give you a choice of different therapies and support
- ✓ Help your parents or carers