

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Child Exploitation
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Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing our bulletin on Child Exploitation (CE). This term refers to both the criminal and sexual exploitation of children and young people. Wednesday 18th March is National Child Exploitation Awareness day. The day aims to hi-light issues surrounding CE; encouraging everyone to think, spot and speak out against abuse. The National Working Group have free downloadable resources including posters on their stop CSE campaign [website](#).

Family wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

You may have heard the term “Child Exploitation” a lot in the media over the last couple of years. The term refers to both the sexual or criminal exploitation of children and young people. Child exploitation is when young people receive something (e.g. money, food, alcohol, drugs, accommodation) in exchange for sexual or criminal acts.

Parents Against Child Exploitation (PACE) is a national charity who have a free online course for parents and carers. The free [e-learning](#) course takes around 30 minutes and has been designed to help you learn more about child exploitation. They also have advice on how to [spot the signs of CSE](#).

Parents and carers can report any concerns around child exploitation by calling the Essex Police Parent Hotline on 01245 452058. The line is staffed Monday to Friday 8am-4pm with voicemail available outside these hours.

It can be hard to start conversations with your child or children about difficult topics, especially when you are trying to keep them safe. [NSPCC](#) have some great advice on how you can do this.

The Children's Society and Barnardo's have come together in partnership to extend the [CARE service](#) and provide support for parents and carers affected by child exploitation throughout Essex by offering a new programme called DICE.

CARE is run by the Children Society and their aim is to provide individual, independent, blame-free and non-judgemental support to parents/ carers and families with a view to helping them to further develop their understanding of what is happening, together with offering support with proactive measures that aim to help their child break free of exploitative relationships.

The service offers:

- Telephone support and advice to parents/ carers
- Face to face support and advice to parents/ carers
- Advice regarding your rights as parents and guidance regarding how to work with statutory agencies such as social care and police
- Facilitating peer support groups, where similarly affected parents can come together
- Advice and support with disruption techniques

You can contact the CARE team by calling 01245 493311 and asking for the CARE team.

The DICE programme, provides support for parents of ‘at risk’ children and young people. The programme has been developed to support parents/carers with knowledge and strategies that will enable them to have a greater understanding, be more tolerant and nurturing to their child at risk.

DICE is a four week parenting programme delivered over a two hour session. Topics include:

- Coping
- The Life of a Teenager
- Grooming
- Digital Dangers
- Parenting the ‘at risk’ child
- Who can help

You can contact the DICE programme on 01268 558448 or CareFamilySupport@barnados.org.uk.

References

Please use these references to further your reading and find out more information on Children's Mental Health and Safer Internet use:

1. Stop CSE 2020; http://www.stop-cse.org/national-child-exploitation-awareness-day/raise-awareness/?mc_cid=8b409add33&mc_eid=a3c5261e16
2. PACE Parents e-learning (2020) <https://paceuk.info/training/keep-them-safe/>
3. PACE Parents e-learning (2020) Spotting the signs of CSE <https://paceuk.info/about-cse/spotting-the-signs-cse/>
4. NSPCC Talking about difficult topics (2020) <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>
5. CARE & DICE service (2020) <https://www.childrenssociety.org.uk/east/services/children-at-risk-of-exploitation>

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk

