

Parent Support Information

This list of contact details was correct at the time of publishing. Every effort to maintain an up to date accurate list will be made.



One stop site for parents/students on most aspects relating to adolescence.

<http://www.riskybusinessdorset.org/information-for-young-people/worried-about-a-friend.htm>



A directory to provide information on local organisations, services, activities and events relating to children and young people, their parents and carers in Poole.

<http://www.upinpoole.co.uk/>

Anxiety and Depression

BBC's Newsround features guides for young people about anxiety and depression. Information includes what depression and anxiety are, how they can happen, how they can affect young people and what to do if you are suffering from them.

Source: [Newsround guide: what is anxiety?](#) Date: 24 November 2016

Further information: [Newsround guide: what is depression?](#)

Bereavement



Mosaic – Support bereaved young people up to the age of 18. They offer a wide range of therapeutic support appropriate to the individual. Support can be offered to a young person facing the death of a parent or loved one. They can also offer support for the family and advice and support for professionals and are charity based.

Telephone: 01258 837071

Email: tracy@mosaicfamilysupport.org

[mosaic](#)

CAMHS – Child and Adolescent Mental Health Services

Mental health and wellbeing advice and support for children, young people, families, carers and professionals working across Bournemouth, Poole and Dorset. Registered Charity offering advice.

Website: <http://www.wheresyourheadat.co.uk/>

Child Sex Exploitation

If you have any concerns you can report it to Crimestoppers anonymously on 0800 555 111 or visit www.crimestoppers-uk.org/cse

PAN Dorset CSE [the more you know the more you see leaflet](#)

[Parents Against Child Sexual Exploitation – national support group](#)

Childline

[advice and support](#)

Drink and Drugs Aware

A guide for parents about underage drinking can be viewed [here](#)

[Frank](#) - drugs advice

Education – Keeping Children Safe in Education

[A guide for parents/carers](#)

Eating Disorders

[Beat](#) – Beating Eating Disorders

[NHS](#) - Eating Disorders Information

Education Welfare Service – Borough of Poole

Website: www.boroughofpoole.com/familyinformation

Forced Marriage

Contact the [Forced Marriage Unit \(FMU\)](#) if you are trying to stop a forced marriage or you need help leaving a marriage you have been forced into.

General Wellbeing

[Action for Happiness](#)

Genital Mutilation

FGM has been a criminal offence in the UK since 1985. In 2003 it also became a criminal offence for UK nationals or permanent UK residents to take their child abroad to have female genital mutilation. For further information view the [NSPCC guidance](#).

Kidscape

Stop Bullying. Practical advice for everyone

Website: www.kidscape.org.uk

Telephone: 020 7730 3300

Mental Health

[Young Minds](#) The voice for young people's mental health and wellbeing.

Poole Family Information Service

Source of varied information. Borough of Poole, Dolphin Centre, BH15 1SA

Telephone: 01202 261959

Website: www.boroughofpoole.com/familyinformation

Email: familyinformation@poole.gov.uk

Preventing Extremism

The Government has launched a new website with advice about preventing extremism – Education against Hate. On this website you will find advice to Leadership teams, teachers and parents. <https://www.gov.uk/government/news/new-drive-to-protect-children-from-spell-of-twisted-ideologies> This was announced by Nicky Morgan, the Education Secretary

[“Educate against hate”, urges government BBC](#), 19th January 2016

Safe Schools and Community Team

Who Are They?

The SSCT is a partnership between Dorset Police, Dorset Youth Offending Team and Bournemouth and Poole Youth Offending Service with a remit to prevent/reduce anti-social behaviour, crime and wrong doing amongst children and young people and help keep them safe in the digital world.

The team have three areas of business:-

1. **Community Safety** – Education/training to children, young people, parents and professionals on Internet Safety, Anti-bullying, Anti-Social Behaviour, Alcohol and Drug misuse, Preventing Violent Extremism, Offensive weapons, Domestic Abuse, Healthy Relationships, Child Sexual Exploitation, Road Safety, Diversity and preventing gang culture.
2. **Triage** – the SSCT provide a Triage service whereby all school and youth related incidents are assessed by the team's duty officer to identify the most appropriate and effective course of action.
3. **Youth Justice** – the SSCT lead on the management and co-ordination of the Youth Out of Court Disposal Scheme (youth restorative disposals, youth cautions and youth conditional cautions).

The partners provide funding for the SSCT's Youth Justice and Triage strands of the business as well as some elements of their community safety education programme. The core funding allows the team to offer school and other colleagues the opportunity to 'buy in' the traded element of the SSCT's education and training programme and a heavily subsidised rate as well as enabling us to continue to offer the service at last year's costs.

The team currently have seven dedicated schools officers (Police Community Support Officers as well as a dedicated Internet Safety Officer). All of the officers have achieved, or are in the process of gaining, a recognised teacher/training qualification, undertake Safeguarding training on a regular basis and undergo enhanced vetting on a regular basis and work closely with school and parents on appropriate information sharing.

[Samaritans](#)

Self Harm – a guide for parents

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>

Sexting

[Childline – information and Guidance about Sexting](#)

YADAS – Young Adults Drugs and Alcohol Service

An outreach only service. Work with 18 – 24 year olds.

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