Keeping You Safe

Quench Arts' Safeguarding Policy for Young People

We want all children and young people that take part in a Quench Arts project to feel safe and supported. We have an organisational document called a 'safeguarding policy' that all our staff and volunteers follow to help keep you safe and free from hurt and abuse. Here we explain some of the main things that you need to know from our safeguarding policy as a young person. Hopefully, reading this will help you decide what could be a problem and how you can get help and support.

All our Quench Arts staff and volunteers have safeguarding training, so that they can help you get the right support if things aren't right. You can tell us if you are upset or unhappy about anything that has happened in a project session. You can also tell us if you aren't happy about things at home, at school, or anywhere else in your life! You should especially tell us if you think you are being hurt or abused. Our staff and volunteers will always look out for signs of abuse too. You can talk to any member of the Quench Arts team if you think you are being abused or neglected.

People should **never** hurt or harm children and young people. Unfortunately some people do. If someone hurts you or makes you feel uncomfortable in a Quench Arts project session then please tell a member of staff. Please also tell us if something bad is happening outside of our sessions. Remember, it is not your fault if someone hurts you. Our staff will listen to you and help you.



Types of Abuse

When children and young people are intentionally hurt or harmed, this is called abuse. Abuse doesn't only mean being physically harmed or hit – there are lots of types of abuse. Abuse can include:



Physical abuse. This includes things like hitting, shaking, throwing, poisoning or giving medications that you should not have, burning or scalding, drowning, suffocating or making you feel unwell on purpose.

Neglect. This is where an adult continues to fail to meet your basic needs. For example, if they regularly fail to give you enough food, shelter and clothing, or if they don't protect you from physical harm or danger, or they fail to get you medical care when needed. It may also include not meeting your basic emotional needs.

Sexual abuse. This involves forcing or encouraging you to take part in sexual activities, whether or not you are aware of, or agree with, what is happening. The activities may involve physical contact, such as touching or being touched inappropriately, as well as penetration. Sexual abuse also includes things such as watching or making pornographic material (sexual activities) or encouraging you to behave in sexually inappropriate ways. Sexual abuse may be same-sex or opposite sex and may be by other children, young people or adults.



Emotional abuse. Emotional abuse may make you feel or believe that you are worthless, unloved or not good enough. It may also involve causing you to feel frightened or in danger. Emotional abuse can be in person or online, as with cyber-bullying.

Financial abuse. This is the term used to describe harming someone by taking or tricking them into giving away their money, goods or property.



Bullying. This is behaviour by a person or group, often repeated over time, which hurts you on purpose. It can be physical (for example, hitting, pushing, kicking, pinching) or emotional (like name calling, teasing, spreading rumours, humiliating you, excluding you from things). It can be in person or online like on social media, via text/chat messages, or by sharing embarrassing images or videos. Bullying that occurs online is often called cyber-bullying.



The things above are just a few examples of abuse. If you think that you may have a problem that is like one of these then please talk to an adult that you trust to check.

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Think You Might Be Being Abused?

If you think that you might be suffering from any type of abuse then please know that we are here to help. People who abuse often tell you things to frighten you to try to stop you telling anyone and to keep it a secret. Please do not keep your worries to yourself. You must tell an adult you trust. It is not your fault and you will be taken care of and supported. Please also tell us if you are worried about whether a friend or other young person involved with Quench might be being abused. You can talk to any member of the Quench Arts team to tell us about this. If our staff suspect that you are being abused then they might ask if you are ok and if there is anything you want to talk about. Our staff will listen and won't judge you. They have training and are taught how to keep you safe as part of their job.

The adult you talk to may report any concerns they have about your situation to the person who is responsible for safeguarding at Quench Arts. This person is called our 'Designated Safeguarding Lead' or 'DSL' – you may have heard this phrase before because every school has a DSL who has the responsibility to keep you safe. All of our staff members have to tell the DSL if they are worried about you, to make sure that you get the right help and support. This will involve them creating a written report, so that the concerns are recorded and dated. This way we can keep track of anything that keeps happening to you.



Our Quench Arts DSL is called Nicola Briggs. On the right is a photo of her, so that you know what she looks like. You can contact her directly by email at nic@quench-arts.co.uk or by text/phone on 07716 362 478

If you tell us about any abuse, or something you think might be abuse, we will keep you updated about the actions or advice that we've taken. In some cases we may talk to other agencies or staff who are supporting you, such as your mental health keyworker, social worker, school teacher or youth worker, so that they are also aware and can also support you. To help keep you safe, we will not tell the person who you think might be abusing you that you've talked to us.

In some cases, particularly where there is a serious concern, Nicola (our DSL) may need to ask for more information and might also talk to and share information with other agencies for support. These might include the council safeguarding team or the police, to help keep you safe. This might sound a bit scary but they will be trained specialists who have experience in helping other young people like you.

Concerned About A Staff Member?
All of our Quench Arts staff members have regular observations and checks to help make sure that they are suitable to work with children and young people. However, if you think that a staff member is not treating you properly, may be abusing or mistreating you, or if you are worried about their behaviour, then it is important that you tell us. We need to know about your worries and concerns. If you are able to then you can let another member of the team know. If you can't do this privately then you can contact Nicola, our DSL, directly.Here are her contact details again:
Email: nic@quench-arts.co.uk. Tel: 07716 362 478.

Who can you talk to outside of sessions?
If you need some help or advice outside of project sessions then there are organisations who can help. Some of these include:

Childline can help anyone aged under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are there to support you. Childline is free, confidential and available any time, day or night. You can talk contact them by calling 0800 1111**.** You can also send an email or organise a 1-2-1 counsellor chat from their website at www.childline.org.uk/get-support/ .The childline website also has lots advice on things that might be worrying you, like bullying.

PAUSE is a service run by Forward Thinking Birmingham focused on emotional wellbeing. If you are under 25 and registered with a GP in Birmingham, you can receive their support. If you are under 14 they require a parent/carer to complete the registration with you. They run drop-in centres in Digbeth (21 Digbeth, B5 6BJ) and Sparkbrook (Community & Health Centre, 34 Grantham Road, Sparkbrook, B11 1LU). The times vary so it's best to check on their website at: **https://forwardthinkingbirmingham.nhs.uk/pause**. If you need urgent help then you can call their Access Centre Number on 0300 300 0099 (Mon– Fri 9am-5pm) or contact the Birmingham & Solihull 24/7 crisis number on 0800 915 9292. If you don't want to talk over the phone, these text lines are open 24 hours a day, every day:

- Shout Crisis Text Line – for everyone: Text "SHOUT" to 85258
- Young Minds Crisis Messenger – for people under 19: Text "YM" to 85258

Papyrus is focused on the prevention of young suicide. Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice you can contact HOPELINEUK, open 9am–midnight every day on 0800 068 4141 or email pat@papyrus-uk.org or text 07860 039967

Kooth offers online emotional and mental health support for children and young people aged between 11 and 24. For free, safe and anonymous support you can join at: https://www.kooth. com/