

MORE THAN...

NOT Just

is **THOUGHT**



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GUIDANCE NOTES

1. This document is provided to enhance the learning of professionals during their training, as well as educating members of the public about the sorts of issues that children, young people and young adults will be encouraged to talk about with their friends, families and with professionals as part of an engagement strategy.
2. This document cannot be used as a questionnaire and is provided as a detailed background resource to accompany the co-designed “Core Questions” found on the Not Just a Thought... website.
3. Learning and Engagement work using this document must be done in the context of the ethos of the Not Just a Thought... project, explained on the project website.
4. This Learning and Engagement document must be used in conjunction with the resources available on the Not Just a Thought... website.
5. This document contains the More than Not Just a Thought... Engagement Model. A core document, Not Just a Thought..., exists which is the starting point for a conversation with a child, young person or young adult. This supplementary document gives much more detailed background information about the sorts of discussions that can take place with children, young people and young adults. A series of possible responses to these questions is also provided – this is not intended as a questionnaire but merely to give some idea of the kind of responses that may be given during a discussion and to provide a framework for the development of further questions and further discussion about specific issues that may be of concern to the young person, professional or family member.
6. This supplementary document should be used as a more detailed Learning and Engagement model for those circumstances where there is a need for, or time for, a more in-depth discussion about the issues covered in these documents.
7. The questions in this document are phrased as if the child, young person or young adult is working through them but they can be easily adapted to a professional, carer or parent going through them instead – either with the child, young person or young adult present or as a way of gathering relevant information from people who know the child, young person or young adult.

- 8.** There will be some children aged under 5 years old where a person with a good rapport with a child of this age will be able to get some information from the child about these questions or will be able to observe behaviours that help to answer these questions.

- 9.** There will be children aged 5-9 years old where a person with a good rapport with a child of this age will be able to get some information from the child about these questions or will be able to observe behaviours that help to answer these questions.

- 10.** Some children aged 9-14 years old will need some help with these questions. Observed behaviours or parent/carer/professional concerns are also important.

- 11.** Some children aged 14-17 years old will need some help with these questions. Observed behaviours or parent/carer/professional concerns are also important.

THINKING IN MORE DETAIL ABOUT YOUR HEALTH AND WELLBEING

1. Thinking about the things that make you feel good... what makes you feel good?
 - a. Your relationship with your parent(s)?
 - b. Your relationship with your brother(s) or sister(s)?
 - c. Spending time with your friend(s)?
 - d. Going to school or college?
 - e. Taking part in activities outside of school or college?
 - f. Being on the computer or your phone?
 - g. Spending time with your boyfriend, girlfriend or special friend?
 - h. Something else?
 - i. Nothing?

2. Thinking about worries... are you worried about anything?
 - a. The way you look?
 - b. Where you live?
 - c. The people who you live with?
 - d. Your health?
 - e. Someone else's health?
 - f. Money?

g. Your family?

h. Exams?

i. The future?

j. Your friends?

k. Nothing?

3. Thinking about bullying...have you been bullied before and, if so, who bullied you?

a. Was it someone in person?

b. Was it cyberbullying on a phone?

c. Was it cyberbullying on the internet (such as on Social Media / Facebook)?

4. Thinking about discrimination...have you ever experienced discrimination before?

a. Was it due to your age?

b. Was it due to your sex or gender?

c. Was it due to disability?

d. Was it due to nationality?

e. Was it due to appearance or dress?

f. Was it due to religion, faith or belief?

g. Was it due to sexual orientation?

5. Thinking about your general health...

a. Do you have a condition such as...

- i. Diabetes
- ii. ADHD
- iii. Autism
- iv. Asthma
- v. Dyslexia
- vi. Eczema
- vii. Epilepsy
- viii. Learning disability
- ix. Physical disability

b. Does any medical condition or disability limit what you can do?

6. Thinking about your dental health...

a. When did you last go to a dentist?

b. How often do you brush your teeth?

7. Thinking about any exercise you do...how many days in the last week were you physically active for at least 60 minutes?

a. 0 days

b. 1 day

c. 2 days

d. 3 days

e. 4 days

f. 5 days

g. 6 days

h. 7 days

8. Thinking about how you travel to and from places... what is the main way you get around?

a. Walk

b. Bus

c. Car

i. Do you drive yourself?

ii. Do any of your friends drive?

iii. Does anyone in your family drive?

d. Cycle

e. Train

f. Tram

9. Thinking about whether you are eating ok... what did you have for breakfast this morning?

a. A drink

b. Nothing

c. Cereal

d. Porridge

e. Toast

f. Bread

g. Cooked breakfast

h. Cereal bar

i. Chocolate

j. Sweets

10. Thinking about what you do for lunch... where do you normally get your lunch from?

a. School or college lunch

b. Packed lunch

c. Go home for lunch

d. Buy from a shop or van

e. Don't usually have lunch

11. Thinking about what you eat in the evening...

a. Meal with family

b. Make your own food

c. Meal with friends

d. Take away

e. Don't usually have evening meal

12. Thinking about healthy eating...

a. How many portions of fruit did you have yesterday?

- b. How many portions of vegetables did you have yesterday?
- c. When was the last time you had some salad?

13. Thinking about smoking...

- a. Do any of your family smoke?
- b. Do any of your friends smoke?
- c. What about you:
 - i. Never tried smoking
 - ii. Tried once or twice
 - iii. Smoke some days
 - iv. Smoke every day
- d. If you do smoke:
 - i. What do you smoke?
 1. Cigarettes
 2. Roll own
 3. Cigar
 4. Pipe
 5. Weed / Cannabis
 6. Another drug
 - ii. How many per day?
 - iii. Would you like to stop smoking?
 - iv. Where do you get the things you smoke from:
 1. Buy from a shop
 2. Buy from people you know
 3. Get a friend to buy for you
 4. Get someone you don't know to buy for you
 5. Get them from a friend
 6. Take them from someone without their knowledge
 7. Get them from a family member

- e. Do you know where to access services about stopping smoking?

14. Thinking about alcohol...

- a. How often do you drink alcohol?

- i. Never
- ii. Once a day
- iii. Once a week
- iv. Every 1-2 weeks
- v. Every 2-4 weeks
- vi. Every 2-3 months
- vii. Less frequently

- b. How often would you say you get drunk?

- i. Never
- ii. Most days
- iii. One a week
- iv. Twice a month
- v. Once a month
- vi. Every few months

- c. Have you ever had any injuries after you have had some alcohol?

- d. What do you drink?

- i. Beer
- ii. Lager
- iii. Cider
- iv. Wine
- v. Vodka
- vi. Gin
- vii. Rum
- viii. Another spirit
- ix. Alcopops (WKD, Bacardi breezer)

e. Do you know where to access services about alcohol?

15. Thinking about drugs... which of the following have you ever taken?

a. Cannabis (weed, marijuana, dope, hash, wacky baccy)

b. Glue

c. Gas

d. Solvent

e. Amphetamine (speed, whizz)

f. LSD (acid, tabs, trips)

g. Ecstasy (pills)

h. Poppers

i. Tranquilisers (downers, valium, temazi, temazepam)

j. Heroin (smack, skag)

k. Magic mushrooms

l. Methadone

m. Ketamine (ket)

n. Crack

o. Cocaine (coke)

- p. Anabolic steroids
- q. Legal highs
- r. Prescription drugs from other people
- s. Others...
- t. None

16. Do any of your friends take any of these drugs?

- a. If so, which ones?

17. Do any of your family take any of these drugs?

- a. If so, which ones?

18. How often do you take any of these drugs?

- a. Never
- b. Every day
- c. Every week
- d. Every 2 weeks
- e. Once a month
- f. Every few months
- g. Less frequently

19. If you do take drugs, who do you take them with?

- a. Alone
- b. Friends
- c. Family
- d. People you don't know

20. Thinking about your sexual health...

- a. Are you having sex with anyone?
- b. How is or was that experience for you?
 - i. Great
 - ii. Sic
 - iii. Scary
 - iv. Good
 - v. OK
 - vi. Fun
 - vii. Painful
 - viii. Not as you expected
 - ix. Awful
 - x. Nasty
 - xi. Exactly as you expected
 - xii. Embarrassing
- c. How old is the person you are having sex with?
 - i. More than 10 years younger than you
 - ii. 6-10 years younger than you
 - iii. 1-5 years younger than you
 - iv. The same age as you
 - v. 1-5 years older than you
 - vi. 6-10 years older than you
 - vii. More than 10 years older than you

- d. Do you need to use any contraception?
 - i. What do you use?

- e. What sort of sex are you having?
 - i. Oral sex
 - ii. Vaginal sex
 - iii. Anal sex
 - iv. Non-penetrative sex
 - v. Other

- f. Do you use condoms every time you have sex?
 - i. Do you use these for:
 - 1. Oral sex
 - 2. Vaginal sex
 - 3. Anal sex

- g. Are you happy with the person you have had / are having sex with?

- h. Have you ever been made to feel scared or uncomfortable by a person you have had sex with?

- i. Have you ever felt pressurised to do something sexual...
 - i. For money
 - ii. For a gift (phone, clothes, alcohol, food)
 - iii. For shelter (somewhere warm, dry, safe)
 - iv. For alcohol
 - v. For drugs
 - vi. For affection
 - vii. For protection
 - viii. For something else

- j. Have you ever been made to do something sexual due to...

- i. Violence
- ii. Sexual assault
- iii. Coercion
- iv. Bullying
- v. Being drunk
- vi. Being high
- vii. Something else

k. How many people have you done something sexual with in the last six months?

l. Have you ever been checked out for sexually transmitted infections?

21. Thinking about your mental health and well-being... how do you think you are doing at the moment?

a. Sic

b. Excellent

c. Good

d. OK

e. Average

f. Not great

g. Awful

h. Don't know

i. Something else

22. Do you experience any of these:

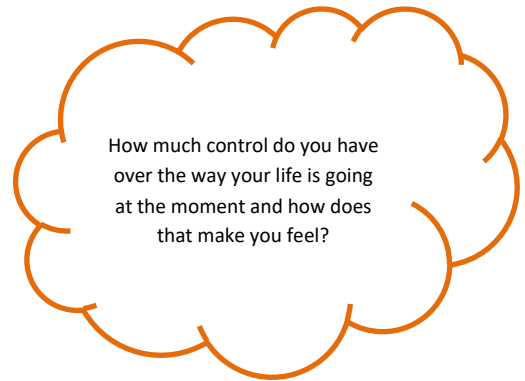
- a. Anger
- b. Rage
- c. Sadness
- d. Loneliness
- e. Loss
- f. Fear
- g. Shame
- h. Mood swings
- i. Anxiety
- j. Not wanting to eat
- k. Wanting to vomit (sick) up food
- l. Thoughts of harming yourself
- m. Attempting to harm yourself
- n. Actually harming yourself
- o. Obsessions¹

¹ An obsession is where it is difficult to (or you can't) get something out of your mind.

p. Compulsions²

q. Difficulty falling asleep

23. Do you ever do crash diets³?



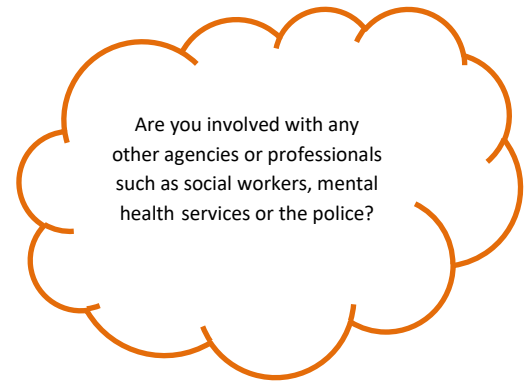
² A compulsion is something you feel you have to do, even if you don't know why or even if you actually might want to stop doing it.

³ A crash diet is trying to lose weight very quickly, or decreasing the amount that you eat by big amounts very quickly.

THINKING IN MORE DETAIL ABOUT WHERE YOU SPEND YOUR TIME

1. What do you usually do during the day?

- a. Go to school
- b. Go to college
- c. Skip school
- d. Skip college
- e. Work
- f. Skip work
- g. Something else



2. Thinking about where you stay usually, what sort of place is it?

- a. House
- b. Flat
- c. Hostel
- d. Bed & Breakfast
- e. Sofa surfing
- f. On the street
- g. Homeless

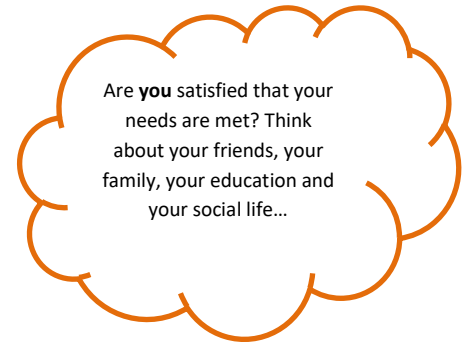
3. Thinking about some other things to do with where you live:
 - a. Do you stay with adults who are not related to you?
 - b. Are you satisfied that your accommodation meets your needs?
 - c. Do you have frequent changes of placements?
 - d. Do you live somewhere temporary?
 - e. Do you think your accommodation is stable or is there a risk of breakdown?
 - f. Are there any new people living with you?
 - g. Are you frightened of anyone you live with?
 - h. Have you got your own room?
4. Have you ever been into local authority care?
5. Do you ever go missing from home?
6. Do you stay out overnight sometimes?
 - a. Do you always let the people you normally live with know when you will be staying out overnight and where you will be?
7. Have you ever been:
 - a. Locked in
 - b. Imprisoned
 - c. Abducted

d. Taken

THINKING IN MORE DETAIL ABOUT HOW YOU SPEND YOUR TIME

1. Where do you spend most of your free time?

- a. Alone
- b. At home
- c. At a youth group
- d. At a sports or leisure centre
- e. On the street
- f. At Rainbows, Brownies, Guides, Beavers, Cubs or Scouts



2. Have you done any of the following in the last year?

- a. Taken part in an out of school or college activity (for example, football or dance)
- b. Undertaken volunteer work
- c. Taken part in a charity event
- d. Taken part in a drama / acting / singing group
- e. Participated in faith-based activity
- f. Participated in an organisation such as Cubs, Scouts, Brownies or Guides
- g. None

3. Have you ever felt pressurised to do any of the following or have you actually done any of the following:

- a. Threatened, bullied or harassed a person

- b. Skipped school or college
- c. Been in a fight
- d. Shoplifted
- e. Stolen from someone
- f. Carried a weapon
- g. Hurt or abused someone else
- h. Vandalised property
- i. Drawn graffiti somewhere
- j. Broken into a property (someone's home, or a shop or a school)

4. Do you read for fun? What do you read?

5. What is your favourite music?

6. Do you go to concerts or gigs?

7. Let's talk a bit more about your school / college / training / employment (job):

a. Have you ever been home-schooled?

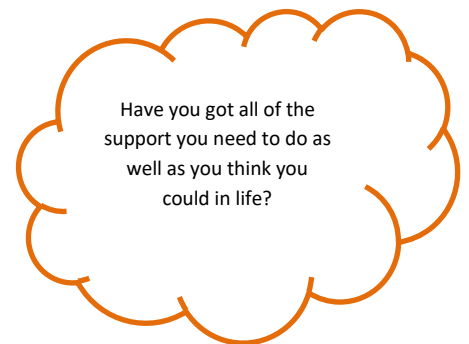
b. How do you get on with the people there?

c. Are you doing as well as usual or has anything changed recently?

i. What do you enjoy most?

ii. What do you enjoy least?

- iii. What do you find easy?
 - iv. What do you find hard?
- d. Do you regularly attend your school, college, training or job?
- i. Are you ever late?
- e. Do you enjoy school / college / training / work?
- i. Is there anyone there that you can talk to?
- f. Are you currently excluded from school or college?
- g. Is there regular breakdown of placements in education or training placements due to behavioural problems?
- h. Have you got a statement of educational needs (SEN)?
8. How much school / college / training / work do you think you missed in the last year?
9. Do you work now?
- a. How much work do you do?
 - b. Have you worked in the past?
10. Do you get paid the right amount for your work?



THINKING IN MORE DETAIL ABOUT WHO YOU SPEND YOUR TIME WITH

1. Thinking about you spending your time... who do you spend most of your time around?

- a. Family
- b. Friends
- c. Gang
- d. Alone
- e. Other



2. Do you have refugee or asylum seeker status?

3. Has anyone tried to force you into a relationship that you don't feel you have a choice over?

- a. Are you worried that this might happen in the future?

4. Do you ever send pictures to anyone over social media?

- a. Are these pictures of you?
- b. Do you ever get pictures in return?
- c. What sort of pictures do you send or swap?
- d. Do you ever send pictures of yourself not wearing very many, or any, clothes?

5. Thinking about your feelings towards other people... which of the following describes you?

- a. You are only attracted to someone of the opposite sex to you
- b. You are mostly attracted to someone of the opposite sex to you

- c. You are equally attracted to someone of the opposite sex and same sex to you
 - d. You are mostly attracted to someone of the same sex to you
 - e. You are only attracted to someone of the same sex to you
 - f. You are unsure who you are attracted to
 - g. You are not attracted to either someone of the same sex as you or the opposite sex to you
6. Do you have a good relationship with the people you live with?
- a. Is everyone healthy?
 - b. Do you have to care for anyone else?
 - c. What sort of things cause arguments at home?
 - d. What happens when there is an argument?
7. Has anyone ever made you feel scared or vulnerable?
- a. Who did this?
8. Have you got friends you can talk to who understand you?
9. Has anyone ever bullied you before?
10. Have you bullied anyone else?
11. Thinking about the people who are especially important to you...
- a. Have you got a girlfriend or boyfriend?
 - i. What is her or his name?

b. How did you meet?

12. Have you ever met up with someone who you started chatting to online initially?

13. Thinking about your sexual health...

a. Are you having sex with anyone?

b. How is or was that experience for you?

i. Great

ii. Sic

iii. Scary

iv. Good

v. OK

vi. Fun

vii. Painful

viii. Not as you expected

ix. Awful

x. Nasty

xi. Exactly as you expected

xii. Embarrassing

c. How old is the person you are having sex with?

i. More than 10 years younger than you

ii. 6-10 years younger than you

iii. 1-5 years younger than you

iv. The same age as you

v. 1-5 years older than you

vi. 6-10 years older than you

vii. More than 10 years older than you

d. Do you use condoms?

e. Do you need to use any contraception?

- i. What do you use?

- f. What sort of sex are you having?
 - i. Oral sex
 - ii. Vaginal sex
 - iii. Anal sex
 - iv. Non-penetrative sex
 - v. Other

- g. Are you happy with the person you have had / are having sex with?

- h. Have you ever been made to feel scared or uncomfortable by a person you have had sex with?

- i. Have you ever felt pressurised to do something sexual...
 - i. For money
 - ii. For a gift (phone, clothes, alcohol, food)
 - iii. For shelter (somewhere warm, dry, safe)
 - iv. For alcohol
 - v. For drugs
 - vi. For affection
 - vii. For protection
 - viii. For something else

- j. Have you ever been made to do something sexual due to...
 - i. Violence
 - ii. Sexual assault
 - iii. Coercion
 - iv. Bullying
 - v. Being drunk
 - vi. Being high
 - vii. Something else

k. How many people have you done something sexual with in the last six months?

l. Have you ever been checked out for sexually transmitted infections?

14. Have you ever thought about harming someone else in any way?

a. Have you actually harmed anyone?

THINKING ABOUT SOME SPECIFIC THINGS IF YOUR CHILD IS AGED 0-5 YEARS OLD

THINKING ABOUT THINGS THAT ARE MOST LIKELY NORMAL, LOW RISK OR NOTHING TO WORRY ABOUT IF YOUR CHILD IS AGED 0-5 YEARS OLD:

Holding or playing with own genitals

Attempting to touch or curiosity about other children's genitals

Attempting to touch or curiosity about breasts, bottoms or genitals of adults

Playing games, for example:

- mummies and daddies

Enjoying nakedness

Interest in body parts and what they do

Curiosity about the difference between boys and girls

THINKING ABOUT THINGS THAT MIGHT MAKE YOU OR A PROFESSIONAL WORRIED ENOUGH TO WANT TO DISCUSS IN MORE DETAIL IF YOUR CHILD IS AGED 0-5 YEARS OLD:

Preoccupation with adult sexual behaviour

Pulling other children's pants down / skirts up / trousers down against their will

Talking about sex using adult slang

Preoccupation with touching the genitals of other people

Following others into toilets or changing rooms to look at them or touch them

Talking about sexual activities seen on TV

THINKING ABOUT SOME THINGS THAT WILL MAKE A PROFESSIONAL, AND MIGHT MAKE YOU, WORRIED ENOUGH TO NEED TO DISCUSS IN MORE DETAIL IF YOUR CHILD IS AGED 0-5 YEARS OLD:

Persistently touching the genitals of other children

Persistent attempts to touch the genitals of adults

Simulation of sexual activity in play

Sexual behaviour between young children involving penetration with objects

Forcing other children to engage in sexual play

THINKING ABOUT SOME SPECIFIC THINGS IF YOUR CHILD IS 5-9 YEARS OLD

THINKING ABOUT THINGS THAT ARE MOST LIKELY NORMAL, LOW RISK OR NOTHING TO WORRY ABOUT IF YOUR CHILD IS AGED 5-9 YEARS OLD:

Feeling and touching own genitals

Curiosity about other children's genitals

Curiosity about sex and relationships, for example:

- differences between boys and girls
- how sex happens
- where babies come from
- same-sex relationships

Sense of privacy about bodies

Telling stories or asking questions using swear and slang words for parts of the body

THINKING ABOUT THINGS THAT MIGHT MAKE YOU OR A PROFESSIONAL WORRIED ENOUGH TO WANT TO DISCUSS IN MORE DETAIL IF YOUR CHILD IS AGED 5-9 YEARS OLD:

Questions about sexual activity which persist or are repeated frequently, despite answers being given

Sexual bullying face to face or through texts or online messaging

Engaging in mutual masturbation

Persistent sexual images and ideas in talk, play and art

Use of adult slang language to discuss sex

THINKING ABOUT SOME THINGS THAT WILL MAKE A PROFESSIONAL, AND MIGHT MAKE YOU, WORRIED ENOUGH TO NEED TO DISCUSS IN MORE DETAIL IF YOUR CHILD IS AGED 5-9 YEARS OLD:

Frequent masturbation in front of others

Sexual behaviour engaging significantly younger or less able children

Forcing other children to take part in sexual activities

Simulation of oral or penetrative sex

Sourcing pornographic material online

THINKING ABOUT SOME SPECIFIC THINGS IF YOU ARE 9-14 YEARS OLD

THINKING ABOUT THINGS THAT ARE MOST LIKELY NORMAL, LOW RISK OR NOTHING TO WORRY ABOUT IF YOU ARE AGED 9-14 YEARS OLD:

Solitary masturbation

Use of sexual language including swear and slang words

Having girlfriends or boyfriends

Interest in popular culture, for example:

- fashion
- music
- media
- online games
- chatting online

THINKING ABOUT THINGS THAT MIGHT MAKE YOU OR A PROFESSIONAL WORRIED ENOUGH TO WANT TO DISCUSS IN MORE DETAIL ABOUT HOW YOU ARE IF YOU ARE AGED 9-14 YEARS OLD:

Uncharacteristic and risk-related behaviour

Verbal, physical or cyber/virtual sexual bullying involving sexual aggression

LGBT (lesbian,gay,bisexual,transgender) targeted bullying

Exhibitionism, for example:

- flashing
- mooning

Giving out contact details online

Viewing pornographic material

Worrying about being pregnant or having sexually transmitted infections

Sudden or provocative changes in dress

Withdrawal from friends

Going missing

Having much more or much less money than usual

THINKING ABOUT SOME THINGS THAT WILL MAKE A PROFESSIONAL, AND MIGHT MAKE YOU, WORRIED ENOUGH TO NEED TO DISCUSS IN MORE DETAIL ABOUT HOW YOU ARE IF YOU ARE AGED 9-14 YEARS OLD:

Exposing genitals or masturbating in public

Distributing naked or sexually provocative images of self or others

Sexually explicit talk with younger children

Sexual harassment

Arranging to meet with an online acquaintance in secret

Genital injury to self or others

Forcing other children of same age, younger or less able to take part in sexual activities

Sexual activity, for example:

- Oral sex
- Vaginal sex
- Anal sex

Presence of sexually transmitted infection (STI)

Pregnancy

THINKING ABOUT SOME SPECIFIC THINGS IF YOU ARE 14-17 YEARS OLD

THINKING ABOUT THINGS THAT ARE MOST LIKELY NORMAL, LOW RISK OR NOTHING TO WORRY ABOUT IF YOU ARE AGED 14-17 YEARS OLD:

Solitary masturbation

Sexually explicit conversations with peers

Obscenities and jokes within the current cultural norm

Interest in erotica or pornography

Use of internet or e-media to chat online

Having sexual or non-sexual relationships

Sexual activity

Hugging, kissing, holding hands

Consenting oral or penetrative sex with others who are of similar age and developmental ability

Choosing not to be sexually active

THINKING ABOUT THINGS THAT MIGHT MAKE YOU OR A PROFESSIONAL WORRIED ENOUGH TO WANT TO DISCUSS IN MORE DETAIL ABOUT HOW YOU ARE IF YOU ARE AGED 14-17 YEARS OLD:

Accessing exploitative or violent pornography

Uncharacteristic and risk-related behaviour

Concern about body image

Taking and sending naked or sexually provocative images of self or others

Single occurrence of peeping, exposing, mooning or obscene gestures

Giving out contact details online

Joining adult-only social networking sites and giving false personal information

Arranging a face to face meeting with an online contact alone

Sudden or provocative changes in dress

Withdrawal from friends

Going missing

Having much more or much less money than usual

THINKING ABOUT SOME THINGS THAT WILL MAKE A PROFESSIONAL, AND MIGHT MAKE YOU, WORRIED ENOUGH TO NEED TO DISCUSS IN MORE DETAIL ABOUT HOW YOU ARE IF YOU ARE AGED 14-17 YEARS OLD:

Exposing genitals or masturbating in public

Preoccupation with sex, which interferes with daily function

Sexual degradation / humiliation of self or others

Attempting / forcing others to expose genitals

Sexually aggressive / exploitative behaviour

Sexually explicit talk with younger children

Sexual harassment

Non-consensual sexual activity

Use of / acceptance of power and control in sexual relationships

Genital injury to self or others

Sexual contact with others where there is a big difference in age or ability

Sexual activity with someone in authority and in a position of trust

Sexual activity with family members

Involvement in sexual exploitation and / or trafficking

Sexual contact with animals

Receipt of gifts or money in exchange for sex

THINKING ABOUT SOME OTHER THINGS THAT WILL MAKE A PROFESSIONAL, AND MIGHT MAKE YOU, WORRIED ENOUGH TO NEED TO DISCUSS IN MORE DETAIL

1. Concerns about any power imbalance in any relationship
2. Current or previous abuse in the family (of any type)
3. Concerns about isolation from social or family networks
4. Poverty or deprivation
5. Breakdown of family relationships
6. Family history of exploitation or prostitution
7. A child, young person or young adult not respecting boundaries
8. Gang involvement
9. A child, young person or young adult:
 - a. having knowledge of cities or areas that they have had no previous association with
 - b. being seen in a child sexual exploitation (CSE) hotspot
 - c. been seen in an area known to have brothels
 - d. receiving phone calls, texts or letters from adults unknown to parents
 - e. having unexplained contact with hotels, taxi companies or fast food outlets
 - f. in a relationship with an older adult or older adults
 - g. becoming withdrawn or aggressive
 - h. who has started risk taking

- i. receiving unexplained amounts of money, expensive clothes or other items
- j. with a history of returning after having been missing looking dirty, dishevelled, tired, hungry or thirsty

10. A child, young person or young adult:

- a. with secretive internet use
- b. receiving gifts in exchange for any kind of services
- c. in possession of a mobile phone which their parent or carer has no, or only limited, knowledge of
- d. seeming distressed when it is suggested a mobile phone should be turned off
- e. proactively exposing themselves to online dangers, for example:
 - i. dating sites such as “plenty of fish”
 - ii. tinder
 - iii. broadcasting pin on BBM
 - iv. grindr
 - v. hornet
 - vi. scruff
 - vii. facebook
- f. who has been sexting
- g. who is unwilling to share or show online or phone contacts

THINKING IN MORE DETAIL ABOUT YOUR OVERALL SAFETY

1. Thinking about your overall safety: you have the right to feel safe and be protected from harm, abuse and bad things... Do you feel safe?

- a. What makes you feel safe?
- b. Where do you feel safe?
- c. Who makes you feel safe?
- d. What makes you feel unsafe?
- e. Where do you feel unsafe?
- f. Who makes you feel unsafe?



2. Thinking about if you ever felt unsafe in the future, who would you be most likely to ask for help?

- a. Family member
- b. Friends
- c. Doctor (hospital)
- d. Doctor (GP)
- e. Teacher
- f. Police officer
- g. Social worker

h. School nurse

i. ChildLine

3. Is there something else that you want to mention?

4. How did it feel to go through these questions and thoughts?

