Malala’s visit to Fife

World-renowned campaigner Malala Yousafzai visited Fife recently to symbolically help lay a lintel stone at the new Burntisland Primary School.

Sixteen-year-old Malala represents a UN campaign led by Kirkcaldy MP Gordon Brown to find primary school places for 57 million children in the world who currently go without schooling. It is a year since she was shot on a bus in Pakistan by Taliban gunmen simply for defending the right of girls to go to school. She was joined in the Kingdom by two friends Shazia Ramzan and Kainat Riaz who were also injured in the attack.

Malala dedicated the library and spoke of her love of education, declaring that the school would be a living community, dedicated to the future of children. She also launched the Malala’s Desk Programme in Fife, which will see every school in Fife provided with a desk inscribed with ‘Malala’s Desk’ on it. It is inspired by her school friend who wrote the same words on her desk at school as a symbol that no-one else should sit there because Malala would recover and return.
Cool Heads: Stress Essentials

Cool Heads: Stress Essentials is a booklet developed by NHS Health Scotland for young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyberbullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help. You can find the full guide at: healthscotland.com/document/1485.aspx. For more information, contact Emma Lyon, Mental Health Improvement Programme Officer at: emma.lyon@nhs.net or on 0131 313 7515.

Talk PANTS and help keep your child safe from abuse

A campaign by the NSPCC called ‘The Underwear Rule’ aims to get parents to talk to their children to protect them from sexual abuse.

The NSPCC is telling parents to tell their children "privates are private" - using the acronym ‘PANTS’. The campaign is aimed at parents of five- to 11-year-olds.

A survey commissioned by the charity showed that half of parents asked had never spoken to their children about the issue. A total of 1,200 parents took part in the research by YouGov and of those who said they had talked to their children, 43% said it had been a difficult conversation.

The NSPCC says because most sexual assaults on children are made by people they know, it is vital that they understand at an early age that some types of touching are not right. A child-friendly guide and other useful advice that can make talking to your child easier is available at: nspcc.org.uk

Advice for parents

The Home Alone and Out Alone leaflets give advice for parents on what to consider when deciding to leave a child home on their own, and how to keep a child safe. The law does not set a minimum age at which children can be left alone. However it is an offence to leave a child alone when doing so puts him or her at risk. These leaflets gives sound advice and useful tips to help parents decide in what situations they may leave their children home alone, and what they need to do to ensure their child’s safety and wellbeing. They are available at: nspcc.org.uk
Child sexual abuse images on the internet invoke some of the strongest emotional reactions in us and rightly so. But we need to be looking at this issue as a whole society. In fact, the UK is very effective at tackling this horrendous content. Back in 1996, 18% of the world's known child sexual abuse images were hosted in the UK. Since 2003, it's less than 1%.

This said - The Internet Watch Foundation (IWF) and the online industry should always explore what more can be done and right now, two big avenues come to mind - greater international co-operation and invoking our social conscience.

Typically in the UK, a hosting company will remove child sexual abuse content within 60 minutes of getting a notice from the IWF - an amazing speed that we're desperate to maintain or even improve upon. But more than 99% of these images are hosted outside of the UK. Therefore, we need to do more internationally to speed up the time it takes to remove this content and help other countries become as hostile as the UK for hosting this material.

A poll carried out earlier this year found that potentially around 1.5 million adults have stumbled across horrific content. But the IWF received just under 40,000 reports last year. We can all be part of the solution. With huge numbers of people stumbling upon it, and so few reporting it, it's inevitable that we're not yet winning the war internationally.

If you're online and are unfortunate enough to see something as shocking as a child being sexually abused, report it anonymously and confidentially to: iwf.org.uk

The Child Exploitation and Online Protection Centre (CEOP) works to combat the sexual abuse of children and young people online and offline. Get advice and information about how to report concerns at: ceop.police.uk

You can also call Fife Police on 101.

Source: Adapted from Internet Watch Foundation info

Internet Safety Resources

- fifedirect.org.uk/internetsafety
  SafetyNet tips and contacts to keep you safe online
- thinkyouknow.co.uk
- getsafeonline.org
- respectme.org.uk
- saferinternet.org.uk
- familylives.org.uk
- education.gov.uk/ukccis

To report a web scam contact:
- crimestoppers-uk.org
  or by calling 0800 555 111
- actionfraud.org.uk
- beatbullying.org
  (also has information for parents, carers and teachers)
- Childline
  on 0800 11 11 or
- Samaritans
  08457 90 90 90 or email jo@samaritans.org

Both Childline and Samaritans phone numbers are available at any time of the day.
Early Years

The period before birth and early years of life have a profound impact on a child’s life, on their physical, mental and emotional development and in turn, their life chances.

The principles set out in the Early Years Framework encourage partnership working to give children the best start in life. They improve the lives of children, young people and families at risk by taking a preventative and early intervention approach.

The Early Years Change Programme, and Early Years Collaborative (EYC) work together to ensure that these principles become practical actions which will:

- Deliver improvement in outcomes and reduce inequalities for Scotland’s vulnerable children.
- Shift the balance of public services towards early intervention and prevention by 2016.
- Sustain this change to 2018 and beyond.

The multi-agency EYC works on the basis that we know there is strong evidence about what works, but much of this is not being used in daily work.

The EYC helps organisations create a structure in which partners can easily learn from each other and from recognised experts in areas where they want to make improvements. Initially this will be a 2 year learning system that brings together Community Planning Partnerships to seek improvement in the Early Years.

Fife’s early intervention projects support our most vulnerable families to improve health and wellbeing outcomes. This includes families and children within the 20% most deprived areas. These projects include the Family Health Project, VIP, Family Nurse Partnership, Breastfeeding support, Child Healthy Weight and the delivery of a range of targeted parenting interventions.

Midwives

Midwives are the named lead for child protection in pregnancy under the Getting it Right for Every Child agenda.

When a family is identified where there may be child protection concerns noted, a multi agency discussion takes place with the parents present if they wish, to highlight any areas where the family may need extra support from the wider team.

The purpose of the meeting is to share areas of strength and support within the family and to offer timely intervention to minimise any risks to the newly born child. In this way, a planned network of support can be available to the family which enables the family to take full advantage of the strength based assets they already possess.
The public health nursing service addresses health and social influences and aims to anticipate health needs before they arise, delivering effective support where health and wellbeing needs are identified.

**Named person**

Every pre-school child has a named Public Health Nurse/Health Visitor (PHN/HV) who can be accessed for health advice, information and parenting support. This means that a child and their family have a point of contact who can work with them to sort out any further help, advice or support if they need it. Parents and carers are regarded as key partners in any decision-making. At key stages in a child’s early years, the PHN/HV team ensures that every child is given the opportunity for growth and development assessments as set out in the UK Healthy Child programme. Health and wellbeing is assessed using the Scottish Getting it Right for Every Child (GIRFEC) - SHANARRI outcomes framework tool.

Depending on their identified needs, some children require little support outwith this assessment programme and others require additional support, for example if they have complex health needs or other social issues affecting their health and wellbeing. Family life is dynamic and constantly changing and children’s need for support may change over time too.

**Child safety** is considered at every PHN assessment and where needed, support is identified within the local community, family, 3rd sector agencies and statutory services such as nursery, social work and police.

**Early intervention** is a key concept for the PHN/HV team especially in relation to protecting children from abuse and neglect. However this service alone can not meet every child’s health and wellbeing needs. Effective support also involves the PHN/HV referring and liaising with other community partners who may be better placed to provide this. PHN/HV’s facilitating or working with a shared child’s plan allows parents and professionals to identify and respond promptly and effectively to a child’s identified needs in a structured way. Timely review may ensure that a child’s best possible health, social and educational outcomes are achieved.

*Morag Rush— Public Health Nurse/Practice Teacher*

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**Nurse Advisors for Child Protection**

Over the last year, there have been a few changes within Greenfield Clinic, the base for NHS Fife child protection team. Fiona Lornie joined the team as the Lead Nurse for child protection and in August the team recruited three Nurse Advisors for child protection: Cicilie Rainey NACP, Fiona Ballantyne NACP and Jayne Smith NACP, who have brought with them a wealth of working knowledge of child protection practices within NHS Fife.

The NACPs will be able to provide professional specialist advice for health staff in relation to child protection issues, in line with local and national guidance. They will help ensure that child protection health services are delivered effectively and efficiently, working in partnership with partner agencies and key stakeholders to ensure the delivery of the strategic child focused outcomes.

The team will be looking to give advice on case management with a focus on the health component of each case, encouraging health staff to use methods of continuous assessment to assist with the evaluation of the effectiveness of interventions to ensure that they are in a timely and proportionate manner. This is particularly important under the principles of GIRFEC, as either a midwife or health visitor can be the named person in a child’s life. Through support and training the NACPs will work to strengthen and empower health staff to be confident in playing their part in the protection of children. The journey is just beginning and it is an exciting time to be part of this move forward.
How does it protect children?

Protecting children, young people and adults and facilitating the best start in life for the unborn and newborn baby is at the very heart of the FNP programme.

FNP is a programme that protects children through prevention and early intervention. No programme can stop abuse and neglect in all circumstances but research evidence tells us that FNP can make a significant difference. FNP is one of only two programmes known to prevent child maltreatment.

FNP is a structured intensive home visiting programme delivered by highly skilled Family Nurses and Supervisors to young first time parents aged 19 and under. Clients are visited frequently by their family nurse from early in pregnancy until the child turns 2 years old. It is a preventive programme that uses specific tools and techniques that focus on changing behaviour. The programme is based on over 30 years of research and has goals and targets to ensure that the programme maximises the possibility of achieving the positive outcomes demonstrated in the research.

Research evidence demonstrates how early experiences influence a child’s developing brain and how this can provide a foundation for future health and behaviours. We now know it is possible to make a difference to a person’s long term health and wellbeing by intervening early in their lives. FNP supports young parents to build positive relationships with their baby and others in their lives and supports positive changes in behaviour.

FNP acknowledges the strengths, knowledge and skills young parents have and builds on this to develop new skills. It encourages parents to understand their babies, building empathy and helping them to include their baby in their decision making. A strength based programme allows the family nurse to stay connected with their clients and build confidence in their own care-giving—building on small successes that help them to tackle the bigger ones. However, acknowledging a client’s strengths does not mean that risks are ignored. Family nurses build a very strong therapeutic relationship with their clients that allow them to have open, honest and sometimes very challenging conversations with clients to ensure that their child’s safety is always put first. Family nurses invest a considerable time in maintaining a client’s engagement with the programme which helps them move towards sensitive, responsive, protective parenting.

Nurses are supported during weekly supervision session where they can reflect on each client and how they are progressing with the programme. This is enhanced by quarterly supervision with the Family Nurse, Supervisor and Child Protection Lead Nurse where more complex and challenging cases are discussed and analysed in detail. This helps to identify risks at the earliest opportunity and take appropriate action in partnership with other agencies as required.

Lesley O’Donnell: Family Nurse Supervisor NHS Fife
**Smartphone security**

These 10 tips for securing your smartphone were shared on the CSP Facebook site. Search for ‘Fife Community Safety’ and ‘like’ their page to keep up to date with safety advice.

1. Always secure your smartphone with a password
2. Ensure that your device locks itself automatically
3. Install security software
4. Only download apps from approved sources
5. Check your apps’ permissions
6. Don’t miss operating system updates
7. Be wary of any links you receive via email or text message
8. Encrypt your smartphone
9. Turn off automatic Wi-Fi connection
10. Turn off Bluetooth and NFC when not in use

For full details visit: nakedsecurity.sophos.com/2013/10/08/10-tips-for-securing-your-smartphone/

**Keep Safe Online: S*xting & Cyberbullying**

A report from the Child Exploitation and Online Protection Centre (the UK’s leading law enforcement agency for child exploitation and abuse) says, "CEOP has seen a marked increase in the number of reports where young teenagers appear to have taken still or video indecent imagery of themselves which is then shared online." People can put themselves in a vulnerable situation, particularly if they share compromising content online.

If someone posts something they regret on Facebook, YouTube or another site there are ways of making it disappear. Even if it has been posted by someone else. Get advice at: thinkuknow.co.uk. Advice and information about ‘s*xting’ is available at: cybersmile.org/advice-help. Or read the ‘so you got naked online’ information at: saferinternet.org.uk/s*xting.

‘Exposed’ is a 10 minute drama designed for 14 to 18 year olds. ‘Exposed’ deals with the subjects of s*xting and cyberbullying, issues that teenagers commonly face. Search for ‘Exposed’ on YouTube or get further information at: ceop.police.uk. Information on the Dundee campaign ‘Pose, S*x—What Happens Next?’ is at: thecorner.co.uk.

Source: Adult Protection Committee

**Removing Online Images**

ChildLine and the Internet Watch Foundation (IWF) are joining forces to ensure young people of 17 years and under know where to turn to get sexually explicit images removed from online.

In a 48 hour period during September 2012, IWF analysts encountered more than 12,000 self-generated, sexually explicit images and videos of young people, spread over 68 websites, with 88% having been stolen from the original location.

If a young person is concerned about losing control of an explicit image online they can call ChildLine on 0800 1111. ChildLine will request verification of the name and date of birth of the young person pictured by obtaining scanned copies of official photographic ID or verification from a school, social worker or police liaison officer. If it is necessary to seek verification of age without photographic ID, the reason for this request will remain confidential.

ChildLine then complete an IWF referral form including a link to the image or video to be removed. Reports made to the IWF are confidential. On receipt of the referral form, the IWF team assess the report against UK law. IWF then contact the police and either the hosting company or relevant global hotline to ensure the online image is removed.
All parts of the Council have a statutory duty to co-operate, and work together, to promote the welfare of Looked After children, young people and careleavers. Local community planning partners have a duty to co-operate with the Council in fulfilling those duties. To support this Fife has an established Corporate Parent Board. The Board has membership from across the Council, Health, Police and voluntary sector. Three elected members also sit on the Board.

The role of the Corporate Parent Board includes being ambitious for all our Looked After children; setting strategic objectives for children’s services; being aware of progress made by all agencies in achieving better outcomes for Looked After children through a process of self-evaluation; championing the rights of Looked After children and through elected members, ensuring that resources are allocated accordingly. Above all it is about asking the question: Is this good enough for my child?

As a ‘Corporate Family’ we are in a unique position to be able to support children and young people whilst they are in our care and to prepare them as they leave ‘home’ to ensure they have their own housing, good economic opportunities, access to continuing education opportunities, community learning and development support, and crucially, support to ensure their wellbeing.

Above all it is about being satisfied that what we provide would be good enough for our own children and that our Looked After children, young people and careleavers are given the same opportunities that any good parents would provide for their child and that we have the same expectations and aspirations as we would for our own children.

To support these aspirations the Corporate Parent Board has developed a new action plan for the next 6 months which builds on the previous plan and takes forward a number of themes. We are, for example, developing Corporate Parent pages on FISH and Fife Direct to raise awareness of Corporate Parenting and share detail on what the Board is taking forward.

We are also working to improve the awareness of Area Committees by sharing data and information with them regarding Looked After Children and the role of the local Getting it Right Groups in monitoring and identifying actions at a local level. We are in the process of consulting with Looked After children and careleavers so that we know what is important to them in respect of the care that we as partners provide. They, after all, are at the centre of the improvements we are striving to achieve.

As a result of the discussion at the Council meeting on 16th May, the Council’s Equality Impact Assessment process now includes a specific reference to any potential impact on Looked After Children. This was formally introduced in August of this year and the impact of this will be reviewed after six months. We anticipate that this will ensure that certain Council based activity is the subject of scrutiny in respect of likely impact, both positive and negative, on Looked After children.

Building on the good foundations set down in the first half of this year, I know that the Board and myself are now looking forward to a busy and productive number of months where listening to what children and young people say, and improving outcomes for our Looked After children and careleavers will be central to our activities.
Fife Council is urgently looking to recruit more Foster Carers in 2013 – could you be one of them?

Life can throw up all kinds of difficulties – but children can’t deal with them alone.
Could you take a child into your home? You don’t need any special qualifications. It doesn’t matter if you are single, married, co-habiting, with or without your own children, renting or homeowner, in work or not. As long as you’re over 21, with an understanding of what children need, lots of patience and imagination, and a warm inviting home with a spare bedroom, you could make all the difference.
Fife Council will provide you with a full range of support and training, including a weekly fee and allowances, to help you care for your foster child.

Over the past five years, there has been a 38% increase in the number of children being taken into care in Fife. There are 200 foster carers across the Kingdom but many more are needed to meet the needs of the 860 children looked after by Fife Council Social Work Service.

Jo Halsall from Glenrothes thought being single would be a barrier to fostering and was surprised to find out she was an ideal candidate. It was only after a relative looked into foster caring that she discovered she too could help children in need of a loving home.

She said “I always wanted to work with children but I was single and didn’t think the main focus was on single carers. It can be hard work at first, but they’re now so settled. I’ve got good support. When they came to me, they didn’t have boundaries or a routine or anything like that but now they’re settled in I’m really enjoying it!”

To find out more call 03451 55 55 55 470699, email: sw.familyplacementduty@fife.gov.uk or visit: fifedirect.org.uk/fosterforfife where you can find out more, access video clips from existing carers and hear from the children who have benefited from foster care.
There is growing evidence that large numbers of young people are suffering from mental health problems, according to a new survey. A YouGov survey found that 1 child in 5 has symptoms of depression and almost a third of the 16-25-year-old's surveyed had thought about or attempted suicide.

A new charity: mindful.org has launched an online counselling support service for young people. MindFull is a new service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing and is open every day, between 10am and midnight.

Fife Domestic and Sexual Abuse Partnership highlighted child protection and forced marriage issues, as part of International Day of the Girl on 11 October.

International Day of the Girl gives people and organizations the opportunity to raise public awareness of the different types of discrimination and abuse that many girls around the world suffer from. Discrimination and violence against girls and violations of their human rights still happen, the world over. Even in the 21st century, girls experience discrimination, abuse and exploitation simply because they are girls. It impacts on a girl's right to education, employment opportunities and her likelihood of living in poverty. It also impacts on her right to marry who she chooses. Everyone has the right to make a free choice about who they marry. Girls and young women are at greatest risk of forced marriage - we know this is a real issue in Fife.

Dougie Dunlop, Head of Service, Children & Families and Criminal Justice, Social Work and Lead on Forced Marriages explained: “Agencies in Fife are working together to address forced marriage. I would strongly encourage anyone who has been forced into a marriage, or fears they may be, to seek help. Or it may be you are worried about a friend, pupil at school or neighbour - you may only get one chance to help before it is too late. If in doubt share your concerns—help is available. For advice, support and protection, call 0800 027 1234 (free Phone Line) in complete confidence or visit: yourrightscotland.org. Support and help is also available from Shakti Women’s Aid or from Fife Domestic and Sexual Abuse Partnership on 01592 583690.”

Information is also available on YouTube: search for ‘International Day of the Girl: Fulfil girls’ potential: end child marriage.

The It’s Ok Campaign is a Blog and Twitter feed: @itsokcampaign trying to change the stigma around teenage depression. It supports both those who suffer and those who surround people that suffer. It is also on Facebook and their webpage is: itsokcampaign.co.uk
Following the successful Neglect Conference in April 2013 the Neglect Working Group continues to work on key themes which attendees highlighted during the course of their discussions.

We are working to progress a Communications Plan around neglect to raise awareness of the need to act on concerns. Leaflets and posters are being distributed widely to support this. We are also looking at developing briefings for staff to highlight the signs of neglect and the need to share information where appropriate. The next CPC Newsletter will also focus on neglect.

Work has started with the local Getting It Right Group chairs to develop some ‘real time’ evaluation using existing Network of Support meetings around cases where neglect is an issue. This will help inform future areas that may need further attention.

The need at a practice level for ongoing case management discussion and support in neglect cases was highlighted during the conference. The Group is therefore working with a range of key services and agencies to consider what arrangements are currently in place for front line staff. This will inform future discussions on this theme.

Lynn Gillies: Chair, Neglect Working Group

Neglect Training

A key task of the Working Group is to plan and develop training on Neglect. This work has led to the development of a one day training course. Two dates are now available for this course, the 2 December 2013 and 13 January 2014.

The Neglect. What are we talking about? one day course will consider, amongst other things, an exploration of how the various types of neglect impact on the wellbeing of children and young people, and will examine how values and attitudes can affect interventions.

Fife Council staff should book through the Corporate Learning System. Visit the ‘Employee’ and ‘CLMS’ section at the bottom of FISH.

External staff can book through the 'Interagency Child Protection Training’ page at: fifechildprotection.org.uk

Please contact the Child Protection Support Team for further information: 01592 583251 or voip extension 442061

Getting Our Priorities Right

The above document was originally published by the Scottish Government in 2003 providing guidance about the complex area of substance misuse and child protection. It was revised in April 2013.

The guidance is closely linked to Getting it Right for Every Child and complements national guidance for child protection. It supports the practice of early intervention and the recovery agenda with the focus being on providing support to the whole family. The guidance also recommends that children and families’ staff and those in adult services such as addictions work much more closely together and undertake more joint assessments.

The publication recommends that child protection committees and alcohol and drug partnerships work together to produce joint strategic protocols agreeing on areas such as training and governance arrangements. A sub-group with members from both partnerships has been created in Fife to progress this work.

Getting Our Priorities Right also provides practice guidance for people working on the frontline. The guidance can be found on the Scottish Government website at: scotland.gov.ukResource/0042/00420685.pdf

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If you are worried about a child or need advice call Fife Council Social Work on: 01383 441 177 (office hours)

Social Work Emergency Out of Hours 08451 550 099

Police 101

Deaf BSL users/hard of hearing people can use the Council SMS text service: 07781 480 185 (but must register first. Details at: fifedirect.org.uk/adultprotection)

childprotectionscotland.org

University Award

The University of St Andrews has been awarded the prestigious Buttle UK Quality Mark in recognition of its commitment to young people in and leaving care.

Created by Buttle UK—the largest grant-giving organisation in the country directly supporting children and families living in poverty—the charity awards the Quality Mark to colleges and universities which commit to support a young person who has been in care, to access further and higher education and successfully complete their studies and achieve their ambitions.

The challenges facing young people leaving care are enormous. They are one of the most under-represented groups in education in the UK. Often lacking family support, suffering financial disadvantage and struggling to find somewhere to live, applying for and being accepted for further and higher education is a real achievement.

To receive its Quality Mark the University of St Andrews had to demonstrate that it has a robust strategy in place to ensure that students from a care background can access a package of support – financial, pastoral and educational. The University has clearly shown it is committed to ensuring that young people from a looked after background will be supported through its outreach work, admissions policy and bursaries.

Cllr Lesley Laird, Chair of Fife’s Corporate Parent Board, said “The Corporate Parent Board is pleased to be supporting the work they are planning to undertake with Fife’s Looked After young people. We share a desire to offer every opportunity we can to our young people to support their learning and aspirations.”

For more information visit: st-andrews.ac.uk/admissions/ug/access or buttleuk.org

fifecchildprotection.org.uk