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## Supporting Children and Families During COVID19

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Quick Links for Practitioners, Parents and Young People

NOVEMBER 2020

## Moray Child Protection Committee Quick Links Issue 2

This Quick Links guide brings together available supports and resources for practitioners to refer to when supporting children and families. Each title contains a link that will take you to a useful webpage or document that we have grouped under the following categories:

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This resource is to be used as a guide to help navigate the growing number of online resources available during COVID 19 pandemic.

Please note that the information contained within each quick link may change and be updated over time. This resource is not intended to replace any local agency briefing, policy, procedure or guidance.

If you have any queries or have other useful links to share please contact:

[mcpc@moray.gov.uk](mailto:mcpc@moray.gov.uk)

You can view previous issues of Quick Links [here](#)

# Support for Children, Families & Communities

## [See Hear Respond Service](#)

See, Hear, Respond is a Barnardo's Service that aims to quickly respond to children, young people and families anywhere in Scotland who might need additional support to cope with the impact of coronavirus. The service offered includes confidential online referral, free helpline **(0800 157 7015)** and a support hub of advice and information

## [Together Scotland COVID-19 resources](#)

Together (the alliance of Scottish children's charities that works to improve the awareness, understanding and implementation of the United Nations Convention on the Rights of the Child) have brought together a range of Coronavirus-related resources from across their membership and other organisations. This includes information for parents, carers, children and the third sector.

## [Parent Club Family Support Directory](#)

The Parent Club Family Support Directory is an interactive digital tool that allows parents and carers to find all national support available to them. The directory includes details on organisations, grants and benefits, as well as information useful to families with children from pre-birth to 18. It also details support available to adult family members.

## [Parent Talk](#)

Action for Children has launched Parent Talk – a national online service which connects parents with trained parenting coaches.

## [Young Minds Parents Helpline](#)

Young Minds' Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25's behavior, emotional wellbeing, or mental health condition.

## [Parentline](#)

Parentline is Children 1<sup>st</sup>'s national family support service. It is available seven days a week online and via web chat, text and phone line (08000 28 22 33).

## [Childline](#)

Childline have a dedicated area for children and young people.

## [Who Cares? Scotland Advice Line](#)

Who Cares? Scotland has launched a new permanent Advice & Support line for care experienced young people and care leavers of any age following feedback from the helpline set up at the start of the COVID-19 public health emergency

## Resources -Internet Safety

### [Online safety: sharing videos and images](#)

Net Aware, produced by the NSPCC and O2, has released content to help parents and carers who may be worried about their child sharing videos and images online. The content discusses why children use apps like TikTok and Snapchat, and provides guidance for parents and carers to help keep their children safe including: setting their account to private; reminding them not to post locations in real time or share personal information; and talking to them about sexting and sharing nudes.

### [Gambling and Young People: a resource for families](#)

Scottish Gambling Education Hub has developed a booklet which offers parents and carers practical advice and information to help them have open, positive conversations about gambling with their children.

### [Thinkuknow](#)

This popular website now has an online blackmail education resource for 15-18 year olds to help identify characteristics of blackmail online, understand the impact it can have, and how they can access help if they experience it. [Resources](#) can be downloaded from the Think You Know site where there is also a section for [parents and carers](#)

### [UK Safer Internet Centre](#)

Online safety tips, advice and resources to help children and young people stay safe online.

### [CEOP - Child Exploitation and Online Protection](#)

A safe and secure place to report if you have been a victim of sexual online abuse or you're worried this is happening to someone you know.

## Resources -Sexual Harm

### [Upstream Prevention Pack](#)

Stop It Now! Scotland have created an Upstream Prevention pack designed to help keep children safe from sexual harm. The pack contains practical advice and resources for professionals, individuals and families. Leaflets are designed for online use and print.

### [Sexting](#)

NSPCC Learning has updated its content on sexting advice for professionals which covers: policies and procedures; what to do if you are concerned a sexting incident has taken place; reporting concerns and getting images removed from the internet; and raising awareness about sexting.

### [Sexual Abuse Online Resources](#)

The Marie Collins Foundation (MCF) and the NWG Network have published resources for professionals and for [parents and carers](#) working with issues of online sexual harm and

young people. The guidance contains information about what online harm is, the specific issues facing young people, and ways professionals, parents and carers can engage with and support young people.

### [Harmful Sexual Behaviour Prevention Toolkit](#)

The Lucy Faithfull Foundation / Stop It Now UK! have launched a Harmful Sexual Behaviour prevention toolkit, aimed at parents, carers and professionals to raise awareness of the risks of harmful sexual behaviour in children and young people, so they know what they can do to prevent it. The toolkit has support, advice and information, as well as resources and links to useful organisations.

### [Safeguarding: identify, understand and respond appropriately to sexual behaviours in young people](#)

The National Improvement Hub has published an online webpage designed to help staff in education and training settings, from early years to senior level and including ASN/EASN provision, to identify, understand and respond appropriately to sexual behaviours in young people. The webpage provides brief information as well as links to relevant guidance and resources on harmful sexual behaviour.

### [Online Resilience Tool](#)

The 'Online Resilience Tool', produced by the UK Safer Internet Center, provides a practical way for professionals to assess young people's online behaviour and help them make decisions about whether that behaviour represents risk of harm.

## Resources -Domestic Abuse

### [Support for People Experiencing Domestic Abuse During Covid-19](#)

The Scottish Women's Rights Centre have compiled a list of services and helplines available with current opening times. They will continue to add and review the information as necessary.

### [Domestic Abuse Awareness Raising Tool](#)

The Scottish Government (with SafeLives) has launched the Domestic Abuse Awareness Raising Tool. This resource is for professionals in the housing, social work, health, education and other sectors to improve their understanding of coercive controlling behaviours, and where to direct people for further assistance.

### [Resources for People Worried About a Loved One Experiencing Domestic Abuse](#)

Safe and Together Institute have launched a page on their website exclusively for people who are worried about a friend or family member experiencing domestic abuse.

# Broader Practice Guides

## [Care and Protection of Young People](#)

The CELCIS coronavirus resource page rounds up key information, advice and guidance that is specifically supporting the care and protection of children and young people in Scotland during the coronavirus pandemic. This is supplemented by a list of specific [child protection COVID-19 information](#) resources.

## [The Compassionate and Connected Classroom](#)

This suite of resources from Education Scotland aims to raise awareness of the potential impact of adversity and trauma in shaping outcomes for children and young people and provide support that can help mitigate the impact of these experiences.

## [Child Poverty Action Group \(CPAG\)](#)

CPAG in Scotland has a range of briefings and factsheets to help workers advise and support care-experienced young people, kinship carers and others.

They have produced '[Coronavirus and benefits for kinship carers in Scotland](#)' and '[Coronavirus and benefits for care-experienced young people in Scotland](#)' explaining some of the social security implications for kinship carers and care-experience young people of the current coronavirus pandemic.

## [Childhood trauma and the brain](#)

UK Trauma Council has published new resources to help bridge the gap between neuroscience and frontline practice. The resources are based on research carried out by University College London (UCL) looking at how children's brains adapt to abusive or neglectful environments in ways that help in the short term but increase risk of mental health problems in the future. The resources include an animation, guidebook and set of videos about childhood trauma and brain development.

## [Curate and Connect](#)

The Curate and Connect project brings together special collections of Iriss resources based on topics at the forefront of the COVID-19 crisis. Each collection includes insights from a member of the social services workforce about the impact of COVID-19 and why this is an important topic right now. It also offers ways to help use the resources in practice. The collections so far include Social Isolation, Leadership, Domestic Abuse, Homelessness and Trauma.

# Staff Wellbeing and Emotional Resilience

## [National Wellbeing Hub](#)

This website aims to support the wellbeing of individuals and teams throughout the Health and Social Care system across Scotland. You can find information, resources and support to help you at work and at home. The resources on this page are based on the principles of psychological first aid.

## [Coaching for Wellbeing](#)

This is a free coaching service open to all working in health and social care, and is managed by NHS Education for Scotland in partnership with the digital coaching organisation Know You More. It is designed specifically to support all health and social services staff in Scotland during the Covid-19 pandemic, and is open to anyone at any level and in any role in the system.

## [Workforce support and wellbeing during the COVID-19 outbreak](#)

This resource from the Scottish Social Services Council gives advice and guidance to help you look after your own wellbeing, and the wellbeing of others.

## [Resilience Resources for Staff](#)

Social Work Scotland, Iriss and SSSC have worked in partnership to bring together a number of articles, pieces of practice wisdom, guidance, tools and case examples resources to help professionals think about how they develop resilience.

## [Developing Resilience Online Course](#)

A more structured introduction to developing resilience is available through an Open University free online course. It supports the development of resilience in social work but is useful for workers across social services. It guides workers through concepts such as emotional resilience and steps to taking a positive approach to practice problems.

## Online Learning –Child Protection

### [Caring for Vulnerable Children – Free online course](#)

The next run of this free online course from CELCIS about the approaches involved in caring for vulnerable children opened on 26 October. This involves around 4 hours of study per week for 6 weeks and you can learn when and where it suits you. This is ideal for staff wanting an introduction into this subject. CELCIS run a number of [courses](#) that are **free** and available to all those who support the needs of children and young people.

### [‘It's your call’ - Free NSPCC online training](#)

NSPCC are temporarily making a free version of this course available to support delivery drivers and other workers who visit people's homes during this challenging time.

### [NHS Education for Scotland TURAS](#)

Free online courses for health and social care staff, you must create an account to access the following courses:

- [Protecting Children](#) module gives a broad introduction to CP, but covers GIRFEC, child development. 2 hours, for all disciplines/staff groups.
- [Developing your trauma skilled practice](#) is in line with the Trauma Skilled practice level of the Scottish Transforming Psychological Trauma Framework. 1-2 hours

### [Care and Learning Alliance E Learning Zone](#)

A number of online courses developed by the Highland Child Protection Committee and the Care and Learning Alliance are currently free to access. These resources are primarily aimed at staff working in Highland but are relevant to professionals in any area of Scotland.

- [Introduction to Child Protection](#)
- [Children Affected by Parental Substance Misuse](#)
- [Introduction to Child Sexual Exploitation](#)
- [What makes a good chronology?](#)

### [Training in North Ayrshire](#)

North Ayrshire have added an E-learning section for online modules to the training page of their website. From here all staff can get direct access to the e-learning modules that have been created in response to the Covid pandemic including information for those temporarily working with children and families, Child Sexual Exploitation and Keeping Children Safer Online.

### [A guide to making best use of Chronologies](#)

This 10 minute animation produced by the West of Scotland Child Protection Consortium is a guide to how chronologies should be prepared and applied in practice. It is for everyone working across children's services who are required to keep and contribute to chronologies for children's case records.



## Online Learning –Broader Practice Topics

### [Trauma Informed Practice](#)

Quick access to learning resource and trauma informed practice video. Includes link to NHS Education for Scotland e-module “Developing your trauma skilled practice” on Turas.

### [Introduction to Adverse Childhood Experiences](#)

This course has been funded by the Home Office Early Intervention Fund for practitioners, professionals and volunteers who work with children, young people and their families.

### [Attachment theory in practice](#)

The concept of attachment provides a lens for understanding and responding to the needs of children and their caregivers in the context of their life and relationships. This learning resource written by Sally Wassell and published by IRISS explores the evolving meaning and application of this concept.

### [Recognition Matters film](#)

Recognition Matters Knowledge Exchange and Impact Project brought together two research studies which focused on different elements of child care and protection practice alongside the story of a mother with experience of child welfare proceedings, and the practice wisdom and experience of three social workers. It focusses on working in partnership with families to create safe plans for children. They have published a video and [briefing paper](#).

### [Iriss training for working together remotely](#)

The Institute for Research and Innovation in Social Services (Iriss) has launched a new resource for ‘working together apart’ for when it is not possible or practical for a mixed group of decision makers, staff members, and people with lived experience, to all be in the same room. The resource aims to help with creating practical project plans and using tools that help people to connect across distance.

### [Animated Learning Resources – Promoting Children and Young People’s Mental Health and preventing Self Harm and Suicide](#)

A series of Mental Health and Suicide Prevention animations has been co-produced by NHS Education for Scotland and Public Health Scotland to support learning about mental health, self-harm and suicide prevention specifically for the Children and Young People’s workforce.

### [Domestic Abuse](#)

Safe & Together Institute has some e-modules and podcasts for those working with Domestic Abuse. Information about all Safe & Together training can be accessed online. Some courses are available free of charge however for other courses a charge applies.

## Online Learning –Webinars and Events

Month	Day	Time	Genre	Title	Details
n/a	Recorded		Child Protection	<a href="#">Understanding Trauma and Adversity –Part 1</a>	Psychological trauma: This session covers the knowledge elements of the first two levels of the National Trauma Training framework
n/a	Recorded		Child Protection	<a href="#">Understanding Trauma and Adversity –Part 2</a>	Understanding the presenting issues as related to past traumatic experiences, or to other forms of childhood adversity, and learn how you can help with both intervention and prevention.
November	25 <sup>th</sup>	730pm-830pm	ACEs Conversation Series	<a href="#">ACEs and Poverty</a>	ACE-Aware Scotland are hosting a free conversation series. Every month until March 2021, a key ACE theme will be addressed in conversation.
	26 <sup>th</sup>	2pm-3pm	Community Safety	<a href="#">No Knives Better Lives Webinar</a>	Webinar on the challenge of preventing violence in an economic recession, whilst maintaining a rights-based trauma informed approach.
December	1 <sup>st</sup>	10am-1130am	Child Protection	<a href="#">Hidden Harm - Effective Home Visits</a>	Home visits provide an opportunity to try to gain an understanding of what is happening within a family. Online presentation about making the most of home visits.
	3 <sup>rd</sup>	11am-1230pm	Community Safety	<a href="#">No Knives Better Lives Practitioner Training</a>	Get an updated picture of knife carrying landscape, learn about resources and approach to preventing knife carrying amongst young people.
	16 <sup>th</sup>	730pm - 830pm	ACEs Conversation Series	<a href="#">ACEs Screening:</a>	ACE-Aware Scotland are hosting a free conversation series. Every month until March 2021, a key ACE theme will be addressed in conversation.
January 2021	27 <sup>th</sup>	730pm-830pm	ACEs Conversation Series	<a href="#">The Language of Suffering:</a>	ACE-Aware Scotland are hosting a free conversation series. Every month until March 2021, a key ACE theme will be addressed in conversation.
February 2021	24 <sup>th</sup>	730pm-830pm	ACEs Conversation Series	<a href="#">International Perspectives on ACEs</a>	ACE-Aware Scotland are hosting a free conversation series. Every month until March 2021, a key ACE theme will be addressed in conversation.
March 2021	24 <sup>th</sup>	730pm-830pm	ACEs Conversation Series	<a href="#">Relational Leadership</a>	ACE-Aware Scotland are hosting a free conversation series. Every month until March 2021, a key ACE theme will be addressed in conversation.

Keep up to date with our local training workshops and events [here](#) or email [mcpc@moray.gov.uk](mailto:mcpc@moray.gov.uk)