

SUPPORT

There are lots of different support systems that can help children feel more safe quickly, after experiencing ACEs and can help neutralise the impact. The main focus for our children should be on early interventions, being pro active and working with and along side outside agencies to offer the correct support needed.



Hope



Some of the ways to build a child's resilience and help reduce the effects of ACE's can be:

- Supporting the care giver with positive parenting skills
- Close and caring relationships
- Ensuring a healthy and loving environment
- Concrete support from friends and family
- Having a sense of purpose



It is important for us all to know that no matter what the experience or trauma, there is always hope for a positive outcome. Risk does not define destiny.

Adverse Childhood Experiences

Children suffering from adverse experiences or traumatic stress have difficulty regulating their behaviour and emotions. These experiences will impact on their mental health and well being.



The facts

Children suffering from Adverse Childhood Experiences or traumatic stress have difficulty regulating behaviour and emotions. These experiences will impact on their mental health and well being.

1 in 6
Adults experience 4+ types of ACEs.

44%
preventing ACEs could reduce the number of adults with depression by as much as 44%.

5 of 10
at least 5 of the top 10 leading causes of death are associated with ACEs.

→ **Abuse**
Physical Emotional Sexual
Neglect ←

→ **Family disfunction**
Mental illness
Incarcerated relative
Domestic abuse
Substance abuse
Divorce



the signs.



Adrianne Roberts
Safeguarding

It will be discussed in this assignment the effects of Adverse Childhood Experiences, as well as the ways in which society and those working in direct line of contact with children and young people daily, can become more equip with the knowledge and understanding of Adverse Childhood experiences and what can be done to encourage proactiveness in recognising the vital signs early on, to help reduce or even stop these traumatic incidences.

This assignment will also explore the different safeguarding procedures in place to help reduce and prevent abuse occurring. The effects of the coronavirus will also be discussed as this has had a detrimental effect on children and young adults throughout this very trying time.

The definition of safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means: protecting children from abuse and maltreatment. Preventing harm to children's health or development. Ensuring children grow up with the provision of safe and effective care. With this in mind there are still a considerable number of children and young people not being seen and supported.

Child abuse is an appalling crime against some of the most vulnerable in society.

It is something that is not often discussed or understood, and there has been a lack of complete statistics. For most children and young people this has been the longest stretch of time in their lives spent away from friends and trusted family members outside of their home.

The reason for my leaflet is to bring awareness of the vulnerabilities and challenges our children face. The leaflet is to draw attention on a profoundly serious topic without immediately looking intimidating. It promotes hope and courage and armed with the correct tools and knowledge our children stand a better chance of facing the future after Adverse Childhood Experiences.

For children who are already experiencing abuse or neglect by household members, confinement at home has meant prolonged exposure to potential harm.

NSPCC states that child abuse is usually hidden from plain view, adults in the child's life may not be able to recognise the signs of abuse that is happening at that time, and the child may be too young, scared, or ashamed to talk to anyone. This leaflet can bring awareness and ideally not alienate the public and highlight that unfortunately, abuse and different forms neglect is common and therefore everyone should be made aware of the signs. Subsequently they will be able to easily identify the early warning signs. Therefore, giving the public the confidence and tools to report suspected incidences.

In 1989, governments across the world adopted the United Nations Convention on the Rights of the Child (UNCRC (United Nation Conventions for the Rights of the Child)), recognising that all children have the right to be treated with dignity and fairness, to be protected, to develop to their full potential and to participate. The Convention sets out the civil, political, economic, social, and cultural rights that everyone under 18 is entitled to. It says what countries must do to ensure that all children can enjoy their rights, regardless of who they are, or where they are from. The UN General Assembly adopted the Convention in 1989 and it was ratified by the UK in 1991. It is the most widely adopted international human rights treaty. The Convention underpins all the work that UNICEF does.

This year statistics relating to child abuse has been at the forefront and unfortunately, has shown an alarming raise in the number of children and young people suffering.

Many of the risk factors associated with child abuse and safeguarding issues have been exaggerated this last year by the coronavirus pandemic, while the support services that would traditionally identify and respond to these concerns, have been unable to see and visit many of the children and young adults they work with and support on a face-to-face basis.

The impact the lockdown has had on children's mental and emotional health combined with almost full time confinement in their homes, as well as a huge change in their once very organised and structured routines, has now created new vulnerabilities and exaggerated existing ones.

Research shows that conditions such as these can make children and young people more vulnerable to experiencing abuse.

There are several services that record information about the ever-increasing child abuse figures. Children's services record data about the number of children and young people that they meet or work with due to the concerns of abuse. Police services are also recording data, this data is collected from the number of child abuse offences that are committed against children and young people. Again, the criminal court also records and collects data of the number of offenders that have been convicted due to child abuse offences.

Lastly there are the local registrars and coroners, they record the unfortunate deaths that are caused by abuse. However unfortunately there are still a considerable number of child and young people incidences that are going undetected every year. (GOV.UK. 2021).

Our education system plays a significant role in our child's journey with them.

The governing body has a duty under section 175 of the Education Act 2002 to ensure "that their functions relating to the conduct of the school are exercised with a view to safeguarding and promoting the welfare of children".

Child Protection and Safeguarding recognise that statistically children with additional learning needs (ALN), behavioural difficulties and disabilities are most vulnerable to abuse. As a result, preparing all staff that are involved in that child's life with training and knowledge to better support pupils, they then are very aware of the need to be extra vigilant to the signs of abuse, especially with pupils who experience difficulties with communication.

As well as enabling staff to carry out their support and care, there is also the introduction of the Safeguarding Vulnerable Groups Act 2006 and the Protection of Freedoms Bill that was introduced and passed to help avoid harm, or any risk of harm by preventing people who were deemed unsuitable to work with children and young adults. This prevented them from gaining access to the children and young adults through their work.

On 1 December 2012 the Criminal Records Bureau and Independent Safeguarding Authority merged to become the Disclosure and Barring Service (DBS). Any persons wishing to carry out a role in education or in fact any role that would place that person in close contact with children, young and vulnerable adults having to complete a DBS annually. Organisations with responsibility for providing services or personnel to vulnerable groups have a legal obligation to refer relevant information to the service. (legislation, K. and adults, S., 2021).

Precipitating factors can fall under two broad categories, internal and external. These are factors we may or may not know about that are behind the behaviour the young person is displaying.

These are factors that are unique to the child or young person. Some may be constant and some may be temporary circumstances or issues that are influencing the child or young person at a particular time. (Crisis Prevention Institute. 2021). Knowing the signs of abuse or trauma can be paramount to the child and young person's future development.

As the leaflet suggests, identifying A.C. E's early on can significantly reduce the effects they have on the child. Adverse Childhood Experiences come in many forms, from physical and mental abuse to neglect and household dysfunction. Not all stress is bad. Some stress is healthy and positive because it prepares us to respond to temporary challenges in our lives, such as running a race, public speaking, or starting a new job. Our stress response activates and then quickly returns to baseline. More intense or longer lasting stressors can be tolerable if we have support systems in our lives to help us cope. If we do not have supports, severe or frequent exposure to certain types of stress can have a toxic effect on the body and brain. It is this toxic stress that, when not properly addressed and reduced, can lead to long-term behaviour issues, health complications, and diseases that are caused by ACEs. (Joining Forces For Children. 2021). As the number of adverse childhood experiences increases so does the risk of negative behavioural and mental health outcomes. Children suffering from adverse experiences or traumatic stress have difficulty regulating behaviour and emotions. These experiences will impact on their mental health and wellbeing, being sensitive to a Child's background can support staff and help all that are involved in the child's life to keep a consistent and calm approach. (Crisis Prevention Institute. 2021).

We can provide training and encourage proactiveness when it comes to reducing or stopping child abuse however it is still clear that there is no obtainable source providing the current situation of child abuse during childhood. The crime survey for England and Wales provides the best available landscape of child abuse by measuring the number of adults that had suffered some form of child abuse before the age of 16, although this can give a clearer picture to build on. The number of children and young adults that are still suffering from abuse that are not being detected are significant.

This leaflet hopes to bring awareness of the signs of abuse in children and young adults. Providing a framework for any adult that may meet a child in need, the purpose is to provide understanding of the effects that adverse childhood experiences can have on children and young people. With this understanding in mind be able to provide the correct amount of support and care needed. There is a life after A.C. E's however recognising the signs that a child or young adult may be or have experienced some form of abuse is paramount to their recovery. The power may not be within the child or young adult to change or take a more positive outlook, so it is with this knowledge and support that the public and service employers can control certain elements of the future of their care.

A child or young adult that may have experienced one or many forms of abuse are more likely to perceive a negative outlook on their life. The view they have of themselves maybe that they are not good enough, lovable and even feel worthless. They may need to feel an element of control of the environment around them, sometimes through desperate ways. They may find it difficult to trust others and be unable to form appropriate relationships.

Embedding the knowledge and dissolving any stigma there may be around safeguarding and ACE's can ensure a brighter future or the young adults of the next generation.

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