

NSPCC 'Learning'

NSPCC Learning is here to provide professionals with all the tools, training and resources needed to keep children safe. To find out more about Protect and Respect and our training packages for professionals on child sexual exploitation, visit nspcc.org.uk/learning

Need advice?

If you're worried about a child, you can contact our helpline for advice and support.

- Call **0808 800 5000**
- Text **88858**
- Email **help@nspcc.org.uk**
- Visit **nspcc.org.uk/helpline**

Childline

If a child you know needs further support, you can direct them to Childline – our free confidential helpline available 24/7.

- Call **0800 1111**
- Visit **childline.org.uk**

NSPCC 'Learning'

Protect and Respect Group work

Information for professionals on
support for children and young people
exploring healthy relationships

How it works

Protect and Respect group work gives children and young people a safe and reflective space to learn about healthy relationships and consent. It's also an opportunity for parents and professionals to learn more about the pressures on young people and increase their confidence to support them.

Who is the service for?

It's suitable for children and young people aged between 11-19 where there is low level exposure to situational risks. It's also for young people who have some positive or protective factors to support their engagement in the group experience.

Our group work is not designed to support young people who are currently being subjected to exploitation or who are experiencing significant complex trauma because of their experiences. Please speak to us about other support available.

"It was nice to be able to talk about this kind of stuff in a group that I could trust"

Young person

What does the service involve?

This six-session group work programme is delivered by experienced practitioners and offers a safe space for discussion and reflection. Over the six weeks young people will cover:

- ▶ healthy relationships
- ▶ consent
- ▶ internet safety
- ▶ sexual imagery involving young people
- ▶ exploitation
- ▶ self-esteem and body image

We work with a wide range of agencies such as schools or youth clubs. When you refer a group of young people to Protect and Respect our practitioners will make sure the programme is appropriate for their needs.

You will receive a briefing for you and your staff on supporting young people. The exact contents of this session can be agreed to ensure it meets your agency's needs.

We will also offer a group session to parents and carers of the young people in the group so they can explore the pressures young people can face and learn about the support that's available.



Make a referral

Please note that young people cannot be individually referred. To refer a group of young people, contact:

Worried that a child is being sexually exploited?

Our one-to-one Protect and Respect service supports young people where there are concerns about sexual exploitation or where this is known to have happened or is happening. Get in touch to find out more.

nspcc.org.uk
/protect and respect