

## PREVENTION AND RESILIENCE REFERRAL FORM

### Guidance Notes

The Prevention and Resilience Team is made up of Early Help Workers who specialise in providing preventative advice and support to ensure children and young people receive the tools they need to be able to make healthy choices and build resilience.

All children and young people will face **everyday challenges** like arguments with friends, disappointing test results and puberty. Some children and young people face **more serious challenges** like family breakdown, family illness or death, gender identity struggles/confusion or bullying. While others will have further challenges because of learning difficulties or disabilities, mental health issues, child sexual exploitation or being physically assaulted.

### Referrals

Before completing the referral form, please identify which pathway would support the child or young person best and what you think needs to happen to ensure this child or young person can lead a happy and healthy life. If you are unsure, please contact a member of the team for further information to help inform your decision making.

### Pathways

Pathway 1: RSHE (Relationships, Sex, and Health)	Pathway 2: Peer Support and Bullying (Understanding Friendships)
<p>Examples:</p> <ul style="list-style-type: none"> <li>• Relationships (Healthy, abusive, types of)</li> <li>• On-line Safety (Sexting, Sending Nudes, talking to strangers)</li> <li>• Child Sexual Exploitation</li> <li>• Understanding Gender Identity, Sexuality, Gender stereotypes</li> <li>• Consent/Sex and the Law</li> <li>• Pornography</li> <li>• Sexual health including STIs, contraception, pregnancy choices' and 'puberty/growing up'.</li> </ul> <p><i>Be mindful re age, please speak to team if unsure.</i></p>	<p>Examples:</p> <ul style="list-style-type: none"> <li>• Friendships</li> <li>• Bullying (Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online).</li> <li>• Responding to Bullying</li> <li>• personal attitudes (self-respect and self-compassion)</li> <li>• Banter Vs Bullying</li> <li>• On-line safety</li> <li>• Positive Peer pressure</li> <li>• Being a better friend</li> <li>• Mediation</li> </ul>

## Consent

For young people age 8-12 years old you must have the consent of both the parent/carer and the child/young person. Parents/carers are also able to consent to the child/young person to complete Sexual Health work that is normally only delivered to young people 13+ in line with Gillick competence if this is in the best interest of the child/young person.

For young people age 13+ you must have the consent of the young person.

## Language

The prevention and resilience team are committed to ensuring the language we use is personal, accessible and inclusive. Please be mindful how your referral reflects the child/young persons experiences and needs.

## Allocations

Once a referral is received it will be assessed and allocated to a worker as soon as possible. Please be aware that due to the large number of referrals received there can be a waiting list.

If the referral is on the waiting list the referrer, parent/carer and or child/young person if 13+ will be contacted by a member to the team to confirm the referral has been received and that they are currently on the waiting list.

## Interventions

Each child or young person's journey will be unique to them which means interventions will be tailored to suit that young person. Our team can offer:

- Direct Work
- Group Work
- Mediation
- Mind of My Own
- Social Prescribing
- Information, advice and guidance.

## Team Structure

Name	Role	Contact Details
Alex Quinn	RSHE	07786733231 alexandra.quinn@togetherforchildren.org.uk
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