



**Support your
teenager**



The Parent Handbook

For parents and carers of 11-19 year olds

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Welcome to The Parent Handbook

Looking after a teenager can be challenging. They're going through lots of physical and emotional changes which affect their behaviour. It's a typical part of growing up but it can make it difficult to tell when they need extra support.

This booklet introduces a range of issues teenagers might face, but more importantly, links to organisations and services who can give specialist information and advice.

If you need information about any other services which can support you and your child, we can help. Surrey Family Information Service supports all families with children and young people up to 25 years old and the professionals who work with them.

Surrey Family Information Service

-  www.surreycc.gov.uk/fis
-  surrey.fis@surreycc.gov.uk
-  0300 200 1004
-  @SurreyFIS
-  SurreyFIS

1. Alcohol, drugs and substance misuse

In 2014

Two in five 11 to 15 year olds had tried alcohol

One in five 11 to 15 year olds had tried smoking

One in five 16 to 24 year olds had taken illicit drugs in the last year

www.hscic.gov.uk

A lot of young people will experiment with alcohol and some with drugs and other substances.



In most cases it won't lead to addiction or death but there are lots of other dangerous things that can happen, including:

- accidents
- poisoning by having too much alcohol or drugs or mixing them together
- having unwanted or unprotected sex
- being robbed or attacked
- getting into fights, driving illegally or committing other crimes.



If you're worried about your child or just want to find out more, these organisations have information and advice about things to look out for and how to support them if they need help.

You could also speak to your GP for advice and to see what help is available.



Adfam

 www.adfam.org.uk
 020 3817 9410




Catalyst

 www.catalystsupport.org.uk
 01483 590150



Catch 22

 www.catch-22.org.uk/surrey
 0800 622 6662



Quit 51

 www.quit51.co.uk
 contact.quit51@nhs.net
 0800 6226968

Surrey Drug and Alcohol Care

 www.surreydrugcare.org.uk
 0808 802 5000

Frank

 www.talktofrank.com
 0300 123 6600



Smokefree

 www.smokefree.nhs.uk



2. Behaviour

Many common behaviour issues are an essential part of puberty and growing up. But if your child is getting into trouble or finding it hard to cope, these organisations can offer you help and advice.


Family Lives

 www.familylives.org.uk
 0808 800 2222



Relate

 www.relate.org.uk
 0300 100 1234

Surrey Family Information Directory

 www.surreycc.gov.uk/directory

Young Minds

 www.youngminds.org.uk
 0808 802 5544

After infancy, the brain's most dramatic growth spurt occurs in adolescence


www.livescience.com

3. Breaking the law


The main aim of the authorities is to guide children away from crime, not to punish them. But once a child reaches 10 years old, they can legally be charged with committing a crime and be subject to the legal process. If found guilty they will have a criminal record.


If your child is facing criminal proceedings, you should talk to an experienced advisor, for example someone at the Citizen's Advice Bureau.

Citizen's Advice Bureau


 www.citizensadvice.org.uk

Family Lives

 www.familylives.org.uk

 0808 800 2222

Surrey Police – advice

 [www.surrey.police.uk/
advice](http://www.surrey.police.uk/advice)

**126,809 10-17 year olds
were arrested in 2012/13.
That's 11.8% of all arrests**

www.gov.uk

4. Bullying


Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group, physically or emotionally.

Bullying can include:



- cyber bullying through a mobile phone or online for example email, instant messenger or on social network sites like Facebook (*see Internet safety, page 16*)
- threats or intimidation
- hitting, pushing, pulling or any unwanted physical contact
- stealing from someone
- teasing, name calling or sarcasm
- spreading rumours
- not talking to someone and leaving them out.

If you're worried about your child, these organisations have information and advice about things to look out for and how to support them if they need help.



Anti-Bullying Alliance

 www.anti-bullyingalliance.org.uk



Bullying UK

 www.bullying.co.uk
 0808 800 2222

ChildLine

 www.childline.org.uk
 0800 1111

Kidscape

 www.kidscape.org.uk
 020 7823 5430

16,000 young people aged 11-15 are absent from school at any one time due to bullying

National Centre for Social Research

5. Child abuse

Child abuse is any action by another person, adult or child, that causes significant harm to a child.


Find out more including what to look out for and where to go for help by contacting these organisations.


Neglect is the most common reason for taking child protection action

www.nspcc.org.uk

National Society for the Prevention of Cruelty to Children (NSPCC)


 www.nspcc.org.uk

 help@nspcc.org.uk


 0808 800 5000


Stop it Now!

 www.stopitnow.org.uk


 0808 1000 900


Surrey Safeguarding Children Board

 www.surreyscb.org.uk

 01372 833330

The Lucy Faithfull Foundation

 www.lucyfaithfull.org

 0808 1000 900

If you think your child, or any child, is in immediate danger call the Police on 999.

6. Child sexual exploitation and grooming

**One in five
indecent images
of children
shared online
were taken
by the child
themselves**

Child Exploitation and Online Protection Centre, 2013

**If you think your child, or any child, is in immediate
danger call the Police on 999.**

Child sexual exploitation is the sexual abuse of a child or young person aged under 18 by an adult who involves them in inappropriate sexual activities either with themselves or another person.

This includes through technology, for example being persuaded to post images on the internet or using mobile phones.

The activity often takes place in exchange for money, alcohol, drugs, food, accommodation or presents such as clothing or mobile phones. Victims can be targeted in person or online.

A common feature of child sexual exploitation is grooming, where the child or young person doesn't recognise the coercive nature of the relationship and does not see themselves as a victim of exploitation. This can make signs difficult to spot but if you're worried about your child, these organisations have information and advice.

Barnardos  www.barnardos.org.uk
Child Exploitation and Online Protection Centre (CEOP)  www.ceop.police.uk
National Society for the Prevention of Cruelty to Children (NSPCC)  www.nspcc.org.uk  help@nspcc.org.uk  0808 800 5000
Parents against child sexual exploitation (Pace)  www.paceuk.info  0113 240 5226

7. Depression and anxiety

Most people, children as well as adults, feel low occasionally. When these feelings continue, or dominate and interfere with your whole life, it can become depression.


Depression is an illness which is less common in children under 12 years old, but increases after that, affecting one in every 20 teenagers.

Children and young people have all sorts of strong feelings and it's natural for them to feel fearful or worried from time to time. But some develop phobias or severe anxiety, which causes a lot of distress and can seriously affect the way they lead their lives.

If you're worried about your child there are things you can do to help. These organisations offer advice and support and you could also speak to your GP to see what help is available.

ChildLine


 www.childline.org.uk


 0800 1111

Surrey Child and Adolescent Mental Health Service (CAMHS)

 www.surrey-camhs.org.uk

Young Minds

 www.youngminds.org.uk

 0808 802 5544

Nearly 300,000 young people in the UK have an anxiety disorder

www.rcpsych.ac.uk

8. Domestic abuse



Physical violence is one type of domestic abuse. But domestic abuse includes any incident or pattern of incidents of controlling, coercive or threatening behaviour between those aged 16 or over. Domestic abuse can affect everyone regardless of race, age, gender or sexuality.

If you're worried about your child, these organisations have advice and can offer them support.

One in five teenagers have been physically abused by their boyfriend or girlfriend

www.nspcc.org.uk



Galop

 www.galop.org.uk
 0800 999 5428

National Domestic Violence Helpline

 www.nationaldomesticviolencehelpline.org.uk
 0808 200 0247



Surrey Against Domestic Abuse

 www.surreyagainstda.info
 01483 776822

The Hideout

 www.thehideout.org.uk

Victim Support

 www.victimsupport.org.uk
 0808 168 9111

If you think your child, or any child, is in immediate danger call the Police on 999.

9. Eating disorders

We all have different eating habits. But eating disorders like anorexia, bulimia and binge eating are complex and there is no one reason why someone develops them.

These disorders can have a severe impact on someone's physical and mental wellbeing. They can affect people at any time in their lives, although young people aged between 12 and 25 are the most likely to be affected.




Eating disorders could mean:

- eating too much
- eating too little
- using harmful ways to get rid of calories.



If you're concerned your child has an unhealthy eating pattern, attitude to food or body image, these organisations offer information and advice.

You could also speak to your GP for advice and to see what help is available.

Beat

-  www.b-eat.co.uk
-  Youthline: 0808 801 0711
-  Helpline: 0808 801 0677


ChildLine

-  www.childline.org.uk
-  0800 1111



Samaritans

-  www.samaritans.org
-  jo@samaritans.org
-  116 123

Surrey Child and Adolescent Mental Health Service (CAMHS)

-  www.surrey-camhs.org.uk

Young Minds

-  www.youngminds.org.uk
-  0808 802 5544

Eating disorders claim more lives than any other mental illness

www.b-eat.co.uk

10. Home alone and babysitting


There is no legal age at which you may leave your child at home alone, but it is an offence to leave a child alone if it places them at risk.


You can be prosecuted if you leave your child unsupervised in a manner likely to cause unnecessary suffering or injury.


If you need to leave your child home alone, make sure they are happy to be left and are mature enough to cope if there are problems. If they aren't confident about being left alone, then don't leave them.

The law also doesn't state when young people can look after children. If a babysitter is under the age of 16, parents remain legally responsible to make sure that their child, and the babysitter, come to no harm. If your child is thought to be at risk because they are not being looked after properly, you could be prosecuted.


Family Information Service (FIS)


 www.surreycc.gov.uk/fis


 surrey.fis@surreycc.gov.uk

 0300 200 1004


National Society for the Prevention of Cruelty to Children (NSPCC)

 www.nspcc.org.uk

 help@nspcc.org.uk


 0808 800 5000

Citizen's Advice Bureau

 www.citizensadvice.org.uk

The Royal Society for the Prevention of Accidents (RoSPA)

 www.rospa.com

 0121 248 2000

There is an increased risk of injury if an older child is looking after a younger sibling

www.rospa.com

11. Internet safety

The internet is a big part of most children and young people's lives, from education to entertainment.

We can now easily connect with all sorts of people from all over the world who we may not know and may never meet. There are lots of benefits but it's sometimes easy to forget about the risks.


These can include:


- cyber bullying
(see *Bullying*, page 8)
- losing control of private images or information
- exploitation and grooming
(see *Child sexual exploitation and grooming*, page 10)
- seeing disturbing information or images
- accessing unsuitable material
- radicalisation
(see *Radicalisation*, page 21)
- opening or sharing files that contain virus software.

These dangers are present in all devices that connect to the internet, like smart TVs and phones. And in all online activities, including games, online dating and messaging apps (like WhatsApp or Snapchat) as well as email, social media and file sharing.

These organisations have information and advice about keeping your child safe online.

ChildLine


 www.childline.org.uk

 0800 1111

Think U Know


 www.thinkuknow.co.uk


Child Exploitation and Online Protection Centre (CEOP)

 www.ceop.police.uk

National Society for the Prevention of Cruelty to Children (NSPCC)

 www.nspcc.org.uk

 help@nspcc.org.uk

 0808 800 5000

**62% of 13-25 year olds
have been sent abuse
via smartphone apps and
52% have never reported it**

www.ditchthelabel.org

12. Lesbian, gay, bisexual, transgender or questioning (LGBTQ)

There are a number of complex determining factors involved in someone's sexual orientation. It's important to remember that a person's sexuality is not a choice.


Lots of organisations offer advice and support to young people who may experience discrimination, including bullying.


There are also organisations who can support parents and other family members who may have difficulty in understanding or coming to terms with their child's sexuality.

Families and Friends of Lesbians and Gays (FFLAG)


 www.fflag.org.uk


Outline

 www.outlinesurrey.org

 01483 727 667

Stonewall

 www.stonewall.org.uk

 08000 50 20 20

Surrey Police

 @SurreyBeatLGBT

 SurreyPoliceLGBT

**One in two
18-24 year olds
say they are not
100% heterosexual**

yougov.co.uk

13. Personal safety outside the home


Most young people think they know how to stay safe when they're out and about, but it's always worth reminding them.

Whether they're walking the dog or going for a night out, these organisations have information about how young people can avoid situations where they may be more vulnerable to violent or sexual assault.


The Royal Society for the Prevention of Accidents (RoSPA)


 www.rospa.com


The Mix

 www.themix.org.uk

Surrey Police


 www.surrey.police.uk
(search for personal safety)

 emergency: 999

 non emergency: 101

Suzy Lamplugh Trust

 www.suzylamplugh.org

 0808 802 0300

Men are almost twice as likely to face a violent attack than women

www.thesite.org

14. Private fostering

Private fostering is when a child or young person under the age of 16 (or under 18 if they are disabled), is cared for and provided with accommodation for 28 days or more, in one year, by an adult who does not have parental responsibility or who is not a close relative.

You may be in a private fostering situation if you are caring for or providing accommodation for a child because:

- their parents live abroad and have sent them to this country for education or health care
- their parents work or study for long and/or antisocial hours
- their parents have separated or divorced or because of other problems at home
- they are your son or daughter's girlfriend or boyfriend.


The law requires parents, private foster carers and professionals to tell Surrey County Council of any proposed private fostering arrangement six to 13 weeks before it starts. Or immediately if the arrangement is starting within six weeks or is an existing arrangement.


Find out more.

Somebody Else's Child

 www.privatefostering.org.uk

Surrey County Council Fostering Service

 [www.surreycc.gov.uk/
fostering](http://www.surreycc.gov.uk/fostering)

 0800 0969 626

**More than one
in ten children
living in England
and Wales could
have been private-
ly fostered**

www.privatefostering.org.uk

15. Radicalisation

You might think that your child would never be involved in terrorism, but at every age children and young people can be influenced by people who don't have their best interests at heart.

Some children are more susceptible to radicalisation. They might be struggling with their identity or be isolated from peer groups or UK culture. Personal circumstances can play a part too, if a child has low self-esteem, there are family tensions or if they have experience of a traumatic event.

Other factors like local community tensions or events affecting their country or region of origin are also important to think about.

These organisations can give you information about how to support your child to stay safe.

Child Exploitation and Online Protection Centre (CEOP)


 www.ceop.police.uk


Educate against hate

 www.educateagainsthate.com

National Society for the Prevention of Cruelty to Children (NSPCC)


 www.nspcc.org.uk

 help@nspcc.org.uk

 0808 800 5000

Think U Know

 www.thinkuknow.co.uk

 0370 496 7622

16. School attendance

There are a number of reasons why children miss school, but it could be a sign they're having problems.

Such as:

- stress, particularly around exam time
- bullying
(see *Bullying*, page 8)
- health, including mental health
(see *Depression and anxiety*, page 12)
- educational needs not being met – either too challenging or not challenging enough.


Of pupils who miss more than 50% of school, only 3% manage to achieve five A* to Cs including English and maths


Department for Education, 2011

Parents and carers have a legal responsibility for making sure their children get an education and can be prosecuted if their child does not go to school.


If you're worried about your child's attendance speak to their school. These organisations can offer you more advice and information to support your child.


ChildLine

 www.childline.org.uk


 0800 1111

Family Lives


 www.familylives.org.uk


 0808 800 2222

Department for Education

 www.education.gov.uk

Surrey Schools

 www.surreycc.gov.uk/schools

 0300 200 1004


17. Self harm


Self harm is a term used when someone injures or harms themselves on purpose. This may include overdosing, hitting, cutting, burning, hair pulling and scratching.

Children and young people may self harm as a way of coping with overwhelming emotions. They may not understand why they are doing it, which can make it even more difficult for parents to understand.

If you're worried about your child, these organisations have information and advice about things to look out for and how to support them. You could also speak to your GP for advice and to see what help is available.

ChildLine

 www.childline.org.uk


 0800 1111

Self Harm UK

 www.selfharm.co.uk

Young Minds

 www.youngminds.org.uk

 0808 802 5544

It is thought that around 13% of young people may try to hurt themselves on purpose at some point between the ages of 11 and 16, but the actual figure could be much higher

www.selfharm.co.uk


18. Sexual health and relationships


Talking frankly about sex helps young people make safe decisions.

Although tricky these conversations will help them to feel confident enough to talk about sex, relationships and contraception. This will help protect them from sexually transmitted infections (STI) and unwanted pregnancy and it can also help them set boundaries they are comfortable with.


These organisations have information and tips on how to talk to your teenager about sex.

Family Lives

 [www.familylives.org.uk/
advice/teenagers](http://www.familylives.org.uk/advice/teenagers)

 0808 800 2222

NHS Live Well

 [www.nhs.uk/livewell/
sexualhealth](http://www.nhs.uk/livewell/sexualhealth)

Sexual Health Surrey

 www.sexualhealthsurrey.co.uk

In 2009 around two thirds of new STI diagnoses in women were in those aged under 25, and over half of new diagnoses in men were in under 25s

www.nspcc.org.uk


19. Work


Until children reach the compulsory school leaving age, they can only work a certain number of hours per week and only do certain jobs.


Your child cannot work at all until the age of 13, unless they take part in paid sport, television, theatre or modelling.

Check with Surrey County Council's Child Employment Team for clear guidance on what jobs a child can do and when they need a work permit or performance licence.


Surrey Child Employment Team

 www.surreycc.gov.uk/childemployment

 childemployment@surreycc.gov.uk

 01483 517838

Citizen's Advice Bureau

 www.citizensadvice.org.uk/work

**Staff aged 16 or 17
can't work between
midnight and 4am**

www.gov.uk

20. Young carers

Young carers are children or young people (under 18 years old) who provide regular and on-going care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.

There's sometimes a mistaken belief that a child will be taken into care if professionals are told. But the reality is that the family is likely to get more help.

Caring responsibilities can impact on a young person's wellbeing so it's important they have the right support.

These organisations offer information and support for young carers.


Carers Trust

 www.carers.org


NHS Choices

 www.nhs.uk/carersdirect

Surrey Young Carers

 www.surrey-youngcarers.org.uk

 syc@actionforcarers.org.uk

 01483 568 269

The average age of a young carer is 12

www.barnardos.org.uk

If you would like this information in large print, Braille, on CD or in another language please contact us on:

Tel: 0300 200 1004 (+18001 for Text Relay)

SMS: 07860 053 465

Email: contact.centre@surreycc.gov.uk

Nëse dëshironi që ky dokument të jetë me shkronja të mëdha, në kasetë ose në një gjuhë tjetër, ju lutemi n'a telefononi në një nga numrat e mësipërm.

إذا كنت ترغب بالحصول على هذه الوثيقة في طباعة مكبرة، أو على شريط مسجل أو في لغة أخرى، فترجو الاتصال بنا على أحد الأرقام المدونة أعلاه.

আপনি যদি এই ডকুমেন্ট বা নথি বড় ছাপার অক্ষরে, টেপে বা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে উপরের যে কোন একটি নম্বরে আমাদের সাথে যোগাযোগ করুন।

Si desea este documento impreso en letra grande, en casete o en otro idioma, rogamos que se ponga en contacto con nosotros llamando a uno de los números anteriores.

如欲索取本文的大字體版本、錄音帶版本或另一語言版本，請撥以上任一個電話號碼，與我們聯絡。




اگر آپ کو یہ دستاویز بڑے حروف کی چھپائی میں، ٹیپ پر یا کسی دوسری زبان میں درکار ہو، تو برائے مہربانی اوپر دیئے ہوئے کسی ایک نمبر پر ہم سے رابطہ کریں۔



This handbook is for dads, mums, grandparents and carers of 11-19 year olds.

It includes information and contacts for the following topics:

1. Alcohol, drugs and substance misuse
2. Behaviour
3. Breaking the law
4. Bullying
5. Child abuse
6. Child sexual exploitation and grooming
7. Depression and anxiety
8. Domestic abuse
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Produced by Surrey Family Information Service, 2018.

 www.surreycc.gov.uk/fis
 surrey.fis@surreycc.gov.uk
 0300 200 1004

 @SurreyFIS
 SurreyFIS