



Safeguarding Teenagers and Young Adults

Building healthier lives

UHB is a no smoking Trust

At UHB we are dedicated to ensuring all patients are safeguarded and this happens in many ways; by safe discharge; engaging with patients and carers; providing excellent, safe, compassionate, clinical care and giving advice, for example, about support agencies.

We work closely with other organisations such as safeguarding boards, the police, and community services to appropriately share information and safeguard teenagers and young adults at risk from abuse.

What is safeguarding?

Safeguarding means protecting a person's right to live in safety, free from abuse or neglect. We do this by recognising signs of abuse and speaking to you about this.

We want to hear your voice and views around what is happening and what you are experiencing.

We want to empower you to make informed decisions about your care and ongoing support, or act as an effective advocate.

What is abuse?

Abuse is any action which harms another person: it includes:

- Physical abuse such as hitting, burning, poisoning, pushing, kicking, biting or locking someone in their room.
- Verbal abuse such as shouting or swearing at someone.
- Emotional abuse such as bullying, taunting, threatening or deliberately humiliating someone.
- Sexual abuse such as touching inappropriately, forcing someone to take part or witness a sexual act against their will.
- Financial abuse such as misusing, keeping or taking someone's money, or their belongings without their consent.
- Neglect such as not providing required medicines, food, heating or care.

- Discrimination such as ill treatment or harassment based on someone's gender, age, sexual orientation, beliefs, disability or ethnic group.
- Harm may be caused to, or by, one person or several.
- People may experience more than one type of abuse.
- Exploitation – such as criminal and sexual. This can involve being forced or enticed to take part in sexual activity or criminal activity, for the benefit or gain of someone else.

If you, or someone else, thinks you are or may be experiencing abuse

Your concerns can be raised to the nursing staff, medical teams, therapy teams, safeguarding team, police, or social care. Sometimes another person will have raised these concerns on your behalf.

When a concern has been shared with any of the teams caring for you, they will discuss with you and offer you a referral to another agency who can provide specialist support. There are some concerns that will need to be referred without consent due to the potential risk of harm, however, we will always endeavour to gain your consent before sharing information with other agencies such as social care, police, or other agencies who may be able to offer appropriate support.

What happens next?

If the police or social care have been contacted, they will normally contact you or your parents/carers (dependant on your age) and ask for permission to speak with you.

The social worker and police officer will meet with you and ask some questions. You can tell them anything that you are worried about. The social worker and police offer may then speak to the people who know you and your family. Unless this may increase the risk of harm

to you. They will listen to your views and take these into account in any decisions that are made.

Our priorities

- To ensure that you feel empowered during this process.
- Protection – supporting and representing those in need.
- Prevention – ensuring your/someone else's safety.
- Proportionality – making the least intrusive response, considering you as an individual (age, culture, lifestyle, beliefs).
- Partnership – working in collaboration with others.

When a safeguarding concern has been raised it is important that we gain your voice, wishes and feelings and that you feel heard during this process.

To ensure we safeguard people we follow a process called 'Making Safeguarding Personal'. This means the process should be person-led and focused on what the person would want by raising a concern to us.

We have conversations with potential victims of abuse and their families, if appropriate and safe, about how they would like us to respond, to enhance involvement and choice and to achieve the best outcome for you.

We empower people to be included in any safeguarding decision as much as they are able, to ensure they have as much control as is possible over the process.

Support services

Within UHB we have several other organisations, separate from social care, available to support you when you attend, and we have safeguarding concerns.

Domestic abuse

If you are worried you are a victim/survivor of domestic abuse, we have support for you within UHB. Staff will also endeavour to see you alone to discuss domestic abuse and personal issues. This is a safe space for you to disclose concerns and we can then offer you a referral to an Independent Domestic Violence Advocate via Women's Aid. If you would like to self-refer you can via the following website:

womensaid.org.uk

Please note women's aid is only able to support female victims aged 16 or over.

If you are a male victim, there is also support via Cranstoun:

cranstoun.org

Exploitation

If you, or our staff are worried that you may be at risk of exploitation, or already being exploited, they may refer you to our Youth Intervention Practitioner's (Redthread). If you are worried you are being exploited and would like a referral to Redthread, please inform your nursing/medical teams.

Redthread can only offer support to young people at risk of exploitation aged 11–25 years.

If you would like exploitation support from other services, please inform your nursing/medical teams and they can signpost you.

Your voice

Within UHB, your voice is important to us. We want to ensure you are being heard and be able to change any practices in relation to safeguarding that you feel are not working.

Please use the QR code below to provide us with feedback in relation to your safeguarding referral and your experience within this process.



Please use the space below to write down any questions you may have and bring this with you to your next appointment.

How did we do?

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.**

www.uhb.nhs.uk/fft



Accessibility

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