



## **Resources to Support Safeguarding (links)**

### **Racism:**

**Talking to Children about Racism:** <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/>

**What is Racism and Racial Bullying:** <https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

### **Body Image:**

**Supporting positive Body Image:** <https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/>

**Domestic Abuse:** <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

**Alcohol, Drugs and Parenting Support:** <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/alcohol-drugs-parenting/>

**Talk PANTS with your child to help keep them safe:** <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

**Early Help Guide for Parents:** <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/early-help-and-early-intervention-services/>

**Is my child ready to be home alone/go out alone?** <https://learning.nspcc.org.uk/research-resources/leaflets/home-or-out-alone-guide>