



Lincoln  
Newark  
Gainsborough

# SAFEGUARDING HANDBOOK FOR STUDENTS



# WHAT CAN THE SAFEGUARDING TEAM HELP WITH?

The Safeguarding Team are available to help and support a number of issues that may be affecting you or someone you know. This could be to do with Physical Abuse, Sexual Abuse, Sexual Exploitation, Emotional Abuse, Neglect, Prevent, Bullying and Harassment, Mental Health Emergencies and Homelessness, amongst other things.

The Safeguarding Team are here to help and can be contacted using the details at the end of this booklet.

## WHAT IS SAFEGUARDING?

Safeguarding is the protection of children and vulnerable adults from:

- **Abuse**
- **Maltreatment**
- **Impairment to their health and development**

Safeguarding is about making sure that anyone who is under 18 years of age, or 18 and over with additional needs, is safe and looked after

## CATEGORIES OF ABUSE

There are different types of abuse and these can be described as:

### Physical Abuse

Physical abuse can include hitting, shaking, throwing, burning, scalding or suffocating. It can be done on purpose or because someone is extremely careless or reckless. (It can also be where a person fails to protect from harm someone in their care).

### Sexual Abuse

This can be contact sexual abuse or non-contact sexual abuse. The abuse is where someone is forced or pushed into doing something they don't, or wouldn't, normally do. This type of abuse can happen online or in person. It can include sexual exploitation where someone under 18 receives something in return for some form of sexual favour. This could be drink, drugs, money, gifts, food or accommodation, but could also include threats and fear of violence or telling others what has been happening.

### Emotional Abuse

Emotional abuse is the constant emotional ill treatment of another causing harm to their mental health.

### Neglect

Neglect is a failure to meet the basic needs of a child or adult. These aren't just the physical requirements such as food/drink, clothing, warmth but also emotional needs.

### Child Criminal Exploitation

Persons under 18 can be exploited by being taken advantage of by others and forced or fooled into committing crime, transporting drugs or working for little or no money. This can include what is known as "county lines" where young people or vulnerable adults are fooled or forced into transporting and selling drugs in different parts of the country.

### Grooming

Grooming occurs when an individual or group takes advantage of a child, young person or vulnerable adult in order to get them to do something that they are uncomfortable with, such as a sexual or criminal act. This is often in exchange for gifts and presents.

## PREVENT

When a person supports terrorist activity and takes on board extreme views, this is called radicalisation. Extremists or terrorist organisations may try to take advantage of young people and vulnerable adults in order to share their message and view with others. Exploitation of young people and vulnerable adults in this way is a form of grooming.

If you are concerned about an individual, you can always speak to your tutor or report concerns to the Safeguarding Team on 01522 876000 or [safeguarding@lincolncollege.ac.uk](mailto:safeguarding@lincolncollege.ac.uk).

# WHAT IS DRUG AND ALCOHOL ABUSE?

Substance abuse is the misuse of drugs and alcohol, including legal and illegal substances. An addiction to substances including alcohol heavily impacts the way a person thinks, feels and acts. Many individuals with addictive disorders are aware of their problem, but have difficulty stopping on their own.

The most common addictive substances include:

- Nicotine (tobacco)
- Marijuana (Cannabis)
- Alcohol
- Cocaine
- Prescription medicine
- Heroin

If you are struggling with substance abuse or addiction, you can talk to a member of student services who can get you the help you need. You can also contact: We Are With You (formerly Addaction) online [www.wearewithyou.org.uk/services/](http://www.wearewithyou.org.uk/services/)

DART (Drug and Alcohol Recovery Team - over 18's) on 01522 597979.

You can self-refer to these services or be referred by your GP/Social Worker/Probation Officer etc.

## Need urgent help?

If you need urgent help, you can:

- Call your GP and ask for an emergency appointment
- Call NHS 111
- Contact your mental health crisis team (if you have one)
- Call Samaritans free on 116 123

# COUNTY LINES - WHAT IS IT?

Criminal exploitation is also known as 'county lines' and is when gangs and organised crime networks groom and exploit children to sell drugs. Often these children are made to travel across counties, and they use dedicated mobile phone 'lines' to supply drugs.

## Who is targeted by County Lines criminal groups?

Criminals are deliberately targeting vulnerable children – those who are homeless, experiencing learning difficulties, going through family breakdowns, struggling at school, living in care homes or trapped in poverty.

These criminals groom children into trafficking their drugs for them with promises of money, friendship and status. Once they've been drawn in, these children are controlled using threats, violence and sexual abuse, leaving them traumatised and living in fear.

However they become trapped in criminal exploitation, the young people involved feel as if they have no choice but to continue doing what the criminals want.

If you are affected or being targeted by County Lines criminals' you must contact the Police on 101 or 999 in an emergency.

# BULLYING & HARASSMENT

Bullying is behaviour that hurts someone else. It could involve name calling, hitting, pushing, spreading rumours, threatening or undermining someone.

Harassment is when someone behaves in a way which offends you or makes you feel distressed or intimidated. This could be by abusive comments or jokes, graffiti or insulting gestures.



## What are the signs of criminal exploitation and county lines?

- Returning home late, staying out all night or going missing
- Being found in areas away from home
- Increasing drug use, or being found to have large amounts of drugs on them
- Being secretive about who they are talking to and where they are going
- Unexplained absences from school, college, training or work
- Unexplained money, phone(s), clothes or jewellery
- Increasingly disruptive or aggressive behaviour
- Using sexual, drug-related or violent language you wouldn't expect them to know
- Coming home with injuries or looking particularly dishevelled
- Having hotel cards or keys to unknown places

For further information or support, or if you are a parent concerned about your child visit [www.childrensociety.org.uk](http://www.childrensociety.org.uk)

# EXTERNAL SUPPORT GROUPS

Lincolnshire Rape Crisis	0800 33 4 55 00 - <a href="http://www.lincolnshirerapecrisis.org.uk">www.lincolnshirerapecrisis.org.uk</a>
Nottinghamshire Sexual Violence Support	0115 941 0440 - <a href="http://www.nottsvss.org.uk">www.nottsvss.org.uk</a>
SARCS (Sexual assault support 18+ Lincs)	01522 524402 - <a href="http://www.springlodge.org">www.springlodge.org</a>
SARCS (Sexual assault support 18+ Notts)	0845 6001588 - <a href="http://www.topazcentre.org.uk">www.topazcentre.org.uk</a>
Hate Crime Police	0800 1381625 - <a href="http://www.stophateuk.org">www.stophateuk.org</a> 101
Social Services	01522 782111
Social Services (Notts)	0300 500 80 90
EDAN (Domestic Abuse Service)	01522 510041 - <a href="http://www.southwestlincolnshireccg.nhs.uk">www.southwestlincolnshireccg.nhs.uk</a>

## Homelessness support/advice

Housing Options Team  
The Property Shop  
City Hall  
Beaumont Fee  
Lincoln  
LN1 1DD (01522) 873777

Housing Options Team  
North Kesteven District Council  
Kesteven Street  
Sleaford  
NG34 7EF

Housing Options Team  
West Lindsey District Council  
Gainsborough Guildhall  
Marshalls Yard  
Gainsborough  
DN21 2NA  
(01427) 676676

Housing Options Team  
Castle House  
Great North Road  
Newark  
Notts  
NG24 1BY  
(01636) 650000

## Safeguarding Team

If you have any safeguarding concerns or worries, please contact the Lincoln College Safeguarding Team on 01522 876000 or email [safeguarding@lincolncollege.ac.uk](mailto:safeguarding@lincolncollege.ac.uk).

