

FOR PARENTS: STAYING SAFE

- Check in regularly with your children about how they feel at home, online and with friends.
- Watch for changes in behaviour (withdrawal, aggression, fear).
- Set clear boundaries for internet use; ensure parental controls are active.
- If you feel unsafe at home or are experiencing domestic abuse, seek help immediately.
- Encourage open conversations: “Has anyone upset you online/in person recently?”
- Look for signs of emotional struggle: sleep changes, sadness, irritability, withdrawal.
- Limit screen time. Keep routines where possible (meals, bedtime).
- Reach out for help sooner rather than later.

You can email safe@havenhigh.net any time, including outside of school, someone will answer

IMPORTANT CONTACT NUMBERS

Police
if you are in danger
999

Police
for non-emergencies
101

Lincolnshire Children’s Services
01522 782111 (Mon to Fri, 8am to 6pm)
01522 782333 (Out of Hours)

PARENTING SUPPORT

- [Family Hubs programme – Lincolnshire County Council](#)
Get the right family support, at the right time, in the right place, to get better long-term outcomes for children and their families.
- [Parenting and Family Support | Family Lives](#)
Message us via WhatsApp on 07441 444125 for support with parenting and family life worries. Alternatively Call 0808 800 2222, or Live Chat via the website

DOMESTIC ABUSE SUPPORT

- [Refuge: National Domestic Abuse Helpline](#)
Available 24 hours a day. Call 0808 2000 247
- [Respect: Domestic Abuse Helpline for Men | Men's Advice Line](#)
Men’s Advice Line. To support men affected by domestic abuse. Call 0808 801 0327
- [Respect: How To Stop or Manage Anger & Abusive Behaviour](#)
For people who struggle to manage feelings of anger appropriately, and/or who have behaved violently and abusively towards their partner. Call 0808 802 4040

MENTAL HEALTH SUPPORT

- [NHS Mental health services](#) – Call 111 for urgent mental health support
- [Shout: The UK's free, confidential, 24/7 mental health text service](#)
Text ‘SHOUT’ to 85258 (numbers are down and up the centre line of the number keypad)
- [Contact a Samaritan - Talk to someone anytime, day or night](#)
Samaritans: Call 116 123, email jo@samaritans.org

ONLINE SAFETY

- [CEOP \(Child Exploitation & Online Protection\) Safety Centre](#)
Report if you are worried about online abuse or the way someone is communicating online. If you are worried about online sexual abuse, CEOP know safely and securely
- [Internet Watch Foundation: Report online child sexual abuse imagery or 'child pornography'](#)
If you stumble across images or videos of child sexual abuse (including AI, animation, cartoon or 'drawn' images), report it to IWF. Reporting is quick, easy and anonymous. It can lead to the removal of criminal content and even the rescue of a child from further abuse.