



19th January 2023

Dear Parent / Carer

'Listen Up, Speak Up'

This month, the NSPCC have launched a campaign called 'Listen Up, Speak Up'. The campaign aims to give adults (such as parents and carers) practical advice on what to do if they are concerned about their child, or any child for that matter.

Listen Up, Speak Up will encourage people to take an engaging, free, ten-minute digital training session, followed by a series of emails from experts, with actions people can take to help keep children safe.

The 10-minute digital training session will be based on various scenarios - a father concerned about messages his son is receiving, a hairdresser that notices bruises on a child and a friend worried about a new parent – to show people what to do if they think a child is in trouble.

The advice is based on the mnemonic DOTS, which is designed to address the barriers to people acting on concerns.

DOTS stands for:

- Don't ignore it
- Observe the situation
- Think: If not you, then who?
- Speak up.

Here is the link if you wish to find out more, or to complete the 10 minute training session:

<https://www.nspcc.org.uk/about-us/news-opinion/2023/listen-up-speak-up-campaign-provides-training-to-spot-and-report-abuse/>

As always, we are here to help. If you do have any concerns about any young person, please do not hesitate to contact us.

Yours faithfully,

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