

Everyone who comes into contact with children and young people has a responsibility to keep them safe. At the NSPCC, we help individuals and organisations to do this.

We provide a range of online and face-to-face training courses. We keep you up-to-date with the latest child protection policy, practice and research and help you to understand and respond to your safeguarding challenges. And we share our knowledge of what works to help you deliver services for children and families.

But it's only with your support, working together, that we can be there to make children safer right across the UK.

nspcc.org.uk

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Seeking Solutions

Information for professionals



CONFIDENTIAL SUPPORT FOR CHILDREN AND
YOUNG PEOPLE ON WHAT MATTERS TO THEM

EVERY CHILDHOOD IS WORTH FIGHTING FOR

What is Seeking Solutions?



Seeking Solutions offers children and young people help and support to deal with problems that are affecting their life, happiness or wellbeing. The service is led by the young person, working alongside their support network, where possible, to improve their confidence, skills and strengths, so they are better prepared to cope with any future problems.

How it works

Seeking Solutions helps young people deal with any problem(s) and set their own goal(s) for the future. During the sessions, we'll help the young people to work out how they can achieve their goal(s) by:

- talking about what they want to change in their life
- helping them to work out what needs to happen to make things better
- giving them control over the support they receive, including where and when the sessions will happen
- working out if they would like anyone to help or support them during the sessions.

What can Seeking Solutions help with?

It can help the young person address a range of problems which could be affecting their life, including:

- problems with relationships
- peer pressure, bullying or problems with friends
- family issues
- coping with feelings like anger, sadness or rejection
- low self-confidence
- issues at school
- personal safety
- coping with stress
- managing anxiety.

Who can use this service?

- Children and young people aged between 7 and 18 years (young people can be referred up to their 19th Birthday). The age range is set as a guide. For example, younger children may be considered depending on the individual child's level of ability.
- Children and young people living with their parents.
- Children in care.
- Children in need.
- Children subject of child protection planning.

Is it confidential?

Seeking Solutions offers a confidential service to children. This means what they talk to us about will not be shared with other professionals/adults without their consent unless they tell us something that causes us concerns about their safety or the safety of others. If this happens, we will take the necessary action to ensure the person at risks kept

safe. We will always inform the young person when we need to share information and explain the reasons for this.

Who can attend sessions with the young person?

The Seeking Solutions practitioner will talk with the young person at the start of the work about who, if anyone, they would like to be involved in the support they receive. This might include:

- having their parent, carer or someone they trust attending sessions with them
- talking with the young person's parent, carer or person they trust about how the work is going out of the sessions
- providing one-to-one sessions with the child
- offering additional support to the young person's parent or carer to help them, help their child maintain the changes they have achieved during the work.

How do I get the service?

You can contact your local NSPCC service centre directly or you can ask someone you know to contact the NSPCC for you.

Your nearest service centre:

If you are not sure if Seeking Solutions is right for you, but want to talk to someone, contact Childline.

