**Useful Information For Parents/ Guardians**

The Lyppard Hub Youth Team are on hand to support young people, who attend the youth club, and we are also here for their parents/ guardians too. We know that parenting doesn’t come with a guidebook and many parents/ guardians find their teenager's behaviour challenging, but it’s important to know that a lot of the common behaviour issues are an essential part of puberty and transitioning to adulthood. We also know that in order to look after other people it is essential you are taking time for you as well, listed below are some useful links to websites full of relevant information and tips, on a range of topics, specifically for parents & guardians we hope this may help.

1. ﻿**STARTING WELL WORCESTERSHIRE** is a partnership led by Herefordshire & Worcestershire Health and Care NHS Trust and includes Barnardo’s and Action for Children. The partnership brings together a range of professionals that will support families at all stages (from parents-to-be, throughout the early years, school years, and towards adulthood). Their website provides a wealth of information on different topics for both parents/ guardians and young people. To find out more please follow this link to their website - [www.startingwellworcs.nhs.uk/families](http://www.startingwellworcs.nhs.uk/families)
2. **WORCESTERSHIRE VIRTUAL FAMILY HUB** is an online development by Worcestershire County Council to give a range of different types of resources to help to support you and your family. This hub contains links to support with relationships, parenting, criminal exploitation & knife crime, housing & finances, Special Educational Needs, Bullying & Harassment and Hate Crime, Family Learning, and much more. Please follow this link to the website - [www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub](http://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub)
3. **FAMILY SUPPORT;** The word family is one of the most loosely defined terms in the English language because it means something different to everyone, all families are unique but they function under one single premise of shared love and commitment. It’s important to access support when needed
   * + Link to Early Help Worcestershire, who are a range of agencies working together to support families when they face difficult issues or challenges - <https://www.worcestershire.gov.uk/council-services/childrens-services/early-help-family-support/professional-family-support>
     + Link to Gingerbread charity website supporting single parent families [www.gingerbread.org.uk](http://www.gingerbread.org.uk) and Link to Worcestershire Solo Warriors website supporting single parents <https://worcestershiresolowarriors.wordpress.com/about-us/>
     + Link to Action For Children dedicated page for separated & divorced families <https://parents.actionforchildren.org.uk/parenting-relationships/separation-divorce> and link to Harmony At Home Worcestershire website which is dedicated to reducing parental conflict - <https://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub/harmony-home>
     + Link to ACE Website supporting adoptive families - [www.aceadoption.com/support-adoptive-families](http://www.aceadoption.com/support-adoptive-families)
4. **MENTAL WELLBEING SUPPORT**; The NHS Website has a lot of information and useful tips for parents/ guardians whose teenagers may be experiencing poor mental health (e.g. stress & exam stress, anger issues, anxiety, depression). To find out more please follow this link to their website - [www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/](http://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/) You can also find more support for mental health, including your own mental health through the [STARTING WELL WORCESTERSHIRE](http://www.startingwellworcs.nhs.uk/families) and [WORCESTERSHIRE VIRTUAL FAMILY HUB](http://www.worcestershire.gov.uk/council-services/childrens-services/virtual-family-hub).
5. **BEREAVEMENT SUPPORT;** We live in a world where death is referenced everywhere (e.g. in music, in games, on social media) but that doesn’t mean that grief is less challenging to deal with when we experience the loss of someone you know, or look up to. Teenagers especially can find grief challenging as they are already going through a lot of developmental and physical changes.
   * + Link to Child Bereavement UK website dedicated page to understanding teenagers grief - <https://www.childbereavementuk.org/information-understanding-grieving-teenagers>
     + Link to Footsteps Charity (based in in Worcestershire) providing support for bereaved children, young people and their families in Worcestershire following the death of a parent, sibling or other significant person in their life - <https://talktofootsteps.co.uk/>
     + Link to Young Minds Parent guide to support your child or young person with grief and loss including support services.- [www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/](http://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/)
6. **ONLINE SAFETY ADVICE;** The online world changes so quickly it's hard to keep up and although the internet can be an amazing tool (offering everybody the opportunity to learn, research and keep connected with family & friends), it can also be very difficult to keep children and young people safe. Many parents/ guardians feel out of their depth when discussing the internet and social media so please use the links below for useful tips and guidance;
   * + Link to the NSPCC online safety guide for parents/ guardians - [www.nspcc.org.uk/keeping-children-safe/online-safety](http://www.nspcc.org.uk/keeping-children-safe/online-safety)
     + Link to the Action for Children dedicated page for support about social media trends - <https://parents.actionforchildren.org.uk/mental-health-wellbeing/online-safety-wellbeing/teenage-social-media-challenges-trends/>
     + Link to The Internet Matters Website which offers support about online issues that affect teens, age specific apps, facts & statistics, and an internet safety checklist - [www.internetmatters.org/advice/14plus](http://www.internetmatters.org/advice/14plus)
7. **VAPING ADVICE;** There has been a surge in young people using E-Cigarettes, also known as Vapes, regardless of them being former or current smokers. With it being so common it is encouraged for parents/ guardians to discuss vaping and smoking with their child to ensure young people are informed of the facts and health consequences.
   * + Link to the Action For Children’s dedicated page for tips when speaking to your child about vaping - <https://parents.actionforchildren.org.uk/behaviour/challenging-behaviour/im-worried-about-my-child-vaping>
     + Link to the UK Parliament website which includes a visual dictionary showing what different vapes look like looks, discusses research on the possible health effects of vaping, and looks at the government’s response - <https://lordslibrary.parliament.uk/vaping-among-teens-a-growing-trend/>
8. **RELATIONSHIPS & SEXUALITY & GENDER IDENTITY SUPPORT;** As a parent/ guardian, you may be perfectly comfortable talking with your child about the differences between right and wrong, but talking with them about sexual development and relationships can be challenging for both you and your child. However, it’s an important conversation that should happen as the average age for puberty to start is 11 for girls and 12 for boys.
   * + Link to Worcestershire County Council dedicated page for support & resources on puberty - [www.worcestershire.gov.uk/council-services/childrens-services/send-local-offer/high-school-years-11-16-years/puberty](http://www.worcestershire.gov.uk/council-services/childrens-services/send-local-offer/high-school-years-11-16-years/puberty)
     + Link to Brook Website dedicated page for parents/guardians - [www.brook.org.uk/parents-and-carers/rse-at-home/](http://www.brook.org.uk/parents-and-carers/rse-at-home/)
     + Link to the NSPCC Website dedicated page with tips for discussing healthy relationships - [www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/](http://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/)
     + Link to New Road Parents website, which is a local support group of parents and carers whose children have come out to them as part of the LGBTQ+ Community (e.g. Lesbian, Gay, Bisexual, Transgender, Non-binary or Gender-fluid) - [www.newroadparents.org](http://www.newroadparents.org)
     + Link To registration for the Safe Space Parent's & Carer’s Group, which is a support group for Worcestershire Parents/Guardians of transgender young people, and those exploring their gender identity. This group is is run by Action for Children and gives you the opportunity to meet with other parents/ guardians and share information and advice. Sessions are both face-to-face and online and are organised according to the wishes of the group, also Family sessions are held regularly, all family members are welcome including siblings regardless of age. If you are interested in the group, please complete this online form by Action for Children. <https://forms.office.com/Pages/ResponsePage.aspx?id=IS0vR6kA4k-LFFHiHX5vn9dIm46yyddBuV6YBSzfmbdUQVlDUUgwTDM3SDU0QzJWTkRHNUdZODQxTS4u>