

How can I access support?

Depending on your location, our team may be able to offer support.

Please contact us on:

PARAGON Dorset	0800 032 5204
PARAGON Isle of Wight	0800 234 6266
PARAGON Somerset	0800 694 9999
PARAGON West Sussex	01403 229 017
PARAGON Swindon	0800 917 8565



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Who we are

PARAGON are a team of passionate people working in domestic abuse, sexual violence, and stalking services. We are a team with lived, worked, and life experiences which we use to help the people we work with and each other.

PARAGON offers support, advocacy, advice, guidance, and information to women, men, and children as victims and survivors of domestic abuse and for those people who cause harm to others in their relationships.



YOU: a charity, creatively empowering people to thrive in their communities.

Registered Address:

The YOU Trust
Delme 1, Delme Place
Cams Hall Estate
Fareham, Hants PO16 8UX

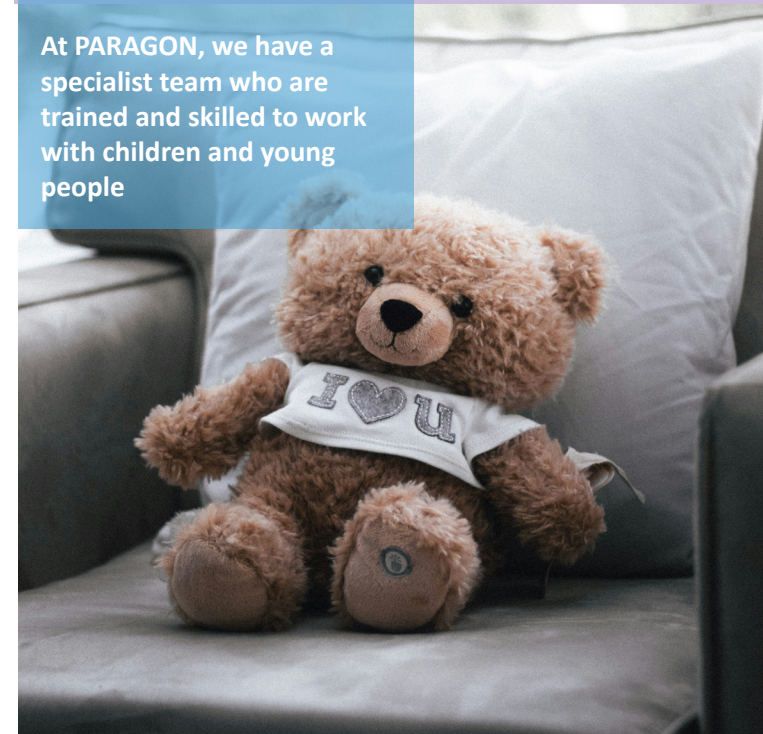
www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489



PARAGON
TOGETHER EMPOWERING CHANGE

At PARAGON, we have a specialist team who are trained and skilled to work with children and young people



Children and Young People's Domestic Abuse Service

www.paragonteam.org.uk



Domestic abuse and children

One in 7 children and young people under the age of 18 will have lived with Domestic Abuse at some point in their childhood. Under the new Domestic Abuse Act, children are recognised as victims in their own right and can receive support for themselves.

Witnessing Domestic Abuse in their household can be traumatic for children. As the parent/carer who has also directly experienced the abuse, we appreciate this can be a very difficult time in finding the appropriate support for a child/young person.

Some children may experience:

- **Becoming withdrawn**
- **Blaming themselves**
- **Blaming the remaining parent/carer**
- **High levels of anxiety**
- **Becoming angry or struggling to manage emotions**
- **Becoming fearful in many situations**

Our children and young people's team can provide support to those ages 5 and up. By providing a safe space and individual sessions, we hope to allow children and young people to explore their emotions and feelings to make sense of their experiences.

Every child and young person will be affected differently, and we will work together to help your child to recover from the trauma and impact of the domestic abuse they have experienced.

Our aim and approach

We aim to:

- Build self-esteem and confidence/resilience, understanding of their own behaviours
- Increase feelings of safety, awareness, and understanding of people using harmful behaviours
- Provide education and information to help understand about healthy relationships

We achieve this by:

- Working together to create an individual safety and support plan
- Working 1:1 with children and young people alongside the parent/carer
- Joint working with agencies such as schools for the benefit of the child/young person

We do this by building a trusting relationship with the child/young person in a familiar and safe environment. Our sessions can include focused activities, arts and crafts, and group work, all of which allow children and young people to feel able to express their own feelings and emotions and have their voices heard and validated.



After a referral has been made

A member of the team will contact the referrer once it has been received and ensure they have all the appropriate contact numbers for the service and information.

Once the referral has been allocated to a children's advocate, contact will be made with the parent/carer to arrange an initial meeting to discuss the support needs and concerns so we have a good understanding of the current situation before we meet the child and start to complete an initial assessment.

Although we have a support and confidentiality agreement with all our children and young people, working together with their main parent/carer is a very important part of the support and moving forward together as a family.

A young person who is 13 and over may be contacted directly and appointments arranged this way if this is preferable and appropriate.

We will work alongside any professionals or agencies that may be already supporting the child/YP to make sure that any relevant information can be shared and all professionals have a clear plan for how the family will be supported. We also advocate for and on behalf of the child to ensure their voices and wishes are heard at meetings or contacts with their consent.

The Children's team may also signpost and support the child/young person to access other services if required.