



**Reading**  
Borough Council  
Working better with you



# FAMILY SAFEGUARDING in Reading

A quick guide for children and  
young people

## WHAT IS FAMILY SAFEGUARDING?

Family safeguarding is about helping your family stay together and feel safer.

It is not about getting anyone in trouble or blaming your family for things. It's about professionals working together to support you and the people who look after you.

You might hear grown-ups around you talking about "family safeguarding" in meetings or letters. This leaflet explains what it all means for you.



## OUR PROMISE TO YOU

All the services working with children and families in Reading will work together as one team.

We want every child and young person in Reading to feel safe. We promise to get to know you, not just your situation, but who you actually are.

We want you to be able to live your life free from fear and harm, to help you feel safe, stay healthy, achieve your potential and feel a sense of belonging.



## HOW DOES FAMILY SAFEGUARDING WORK?

Instead of having lots of professionals from different services doing things separately, they will work together as a group. They will share information with each other about your situation and make plans together, so they know each other's role and what each service is doing to support you and your family.

### For you, this means:

- ☆ Help comes earlier, before things get harder
- ☆ Everyone in your family gets support, not just one person
- ☆ You only have to tell your story once - you won't have to keep repeating it to different people.



## WHO MIGHT BE IN MY TEAM?

### The professionals involved might include:

- ☆ **social worker** to help you work out what's going well and what needs to change
- ☆ **mental health practitioner** to support parents with their mental health and to access extra support if needed
- ☆ **domestic abuse practitioner** to support anyone in your family affected by domestic abuse
- ☆ **substance abuse practitioner** to help parents who want support around drugs or alcohol
- ☆ **police and probation** to help support you to have safe relationships and reduce risks where offending has been a concern.



**Keep a note of your social worker's contact details, or another adult you feel able to talk to, here:**

*Their name:*

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*Their phone number:*

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*Their email address:*

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## WHAT DOES THIS ALL MEAN FOR ME?

- ★ Adults should listen to you and take what you say seriously
- ★ They should want to understand what life feels like for you, what you're worried about and what you think would help
- ★ You should feel supported to be safe - at home, at school, in your community and in your friendships
- ★ Any decisions that affect you should be explained clearly, in a way that makes sense to you and that you fully understand.

## WILL ANYONE ASK ME WHAT I THINK?

**Yes.** Professionals you already work with, and trust, will talk with you and make sure your views are included in any decisions and plans.

### You can:

- ★ Ask questions whenever you want
- ★ Say if something doesn't feel right or doesn't make sense
- ★ Tell someone if you're worried, unhappy or feeling unsafe.



## WHAT IF I'M CONFUSED OR WORRIED?

That's okay, it's totally normal to feel confused or worried, especially if this is new to you.

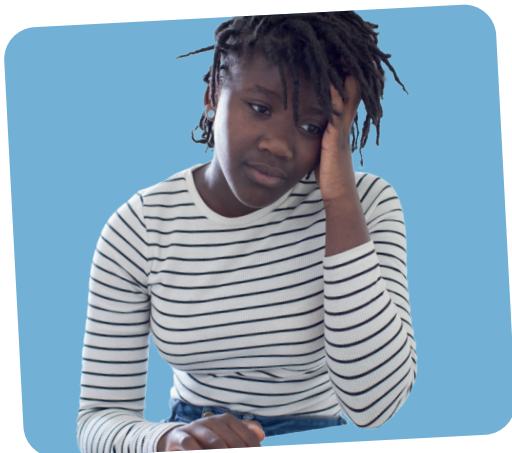
### You can:

- ★ Ask for things to be explained again, or in a different way
- ★ Talk to your social worker or another trusted adult.

You should be told who you can contact in between any meetings if you need help or support, so you never feel like you have no one to talk to.



## WHAT WE PROMISE TO DO



- ☆ Listen to you and your family
- ☆ Work together to agree what needs to happen
- ☆ Focus on your strengths, not just problems
- ☆ Keep you updated on what's happening and what comes next.

## WE WANT TO GET IT RIGHT

We want young people in Reading to feel safer and more supported, to make sure adults really listen, and to make things clearer and less confusing. We want support to be in place at the right time, in a way that actually helps.

**Your opinion matters. We want to know how you feel about your experience with family safeguarding. Think about:**

- ☆ What makes sense to you?
- ☆ What's confusing or feels like it's missing?
- ☆ What would you change?

**Please tell us. Your feedback will help make this better for other young people too.**

## WHAT IF I DON'T AGREE WITH A DECISION?

You have the right to complain if you are not happy about what people have decided. You can talk to your social worker or another trusted adult.

You can find out more about how to share a comment or make a complaint on our [Your Voice Matters](#) webpage.





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**YOUNG PEOPLE**