

Signposting for teachers, parents, and children and young people who may be more vulnerable during this time of school closures and social isolation.

Children who are:		Risks or concerns	Available advice and support
General Advice for All		<p>At this time it is recognised that:</p> <ul style="list-style-type: none"> • all children and young people could be vulnerable or at risk due to the impact of COVID 19 • parents could be under stress and strain due to concerns about their own or their families health, the impact of lockdown and restrictions on movement, their children being at home all of the time, supporting their child’s learning, potential financial concerns etc. • practitioners could have health concerns themselves, be parents or have concerns about their wider families, and are working in unfamiliar ways in unprecedented circumstances. 	<p>General advice for:</p> <p>Pupils</p> <ul style="list-style-type: none"> • Childline <p>Parents</p> <ul style="list-style-type: none"> • NHS Inform • Parentclub • Parenting Across Scotland – Info for Parents/Carers • Free online resources for learning at home (includes ASN) <p>Practitioners</p> <ul style="list-style-type: none"> • Health Protection Scotland – Advice and guidance • COVID-19 Supplementary National Child Protection Guidance • Advice: Teacher resilience during coronavirus school closures • Association of Scottish Principle Educational Psychologists - Resources • Coronavirus (Scotland) Bill: Child rights and wellbeing impact assessment • Education Endowment Fund Teaching and Learning Toolkit
Poverty	<ul style="list-style-type: none"> • affected by poverty or deprivation 	<ul style="list-style-type: none"> • financial concerns and impact on the care and welfare of children (ability to provide meals, hygiene products, housing, etc.); • Lack of access to suitable learning resources, including online learning (connectivity/devices); • Low parental confidence to support home learning • Attainment/achievement/skills gap widening; • Strain on or breakdown of relationships; • No/limited access to play environment, safe space, trusted adults and/or other resilient social relationships, targeted supports normally provided at school (increased risk of behavioural and emotional issues developing) • Potential for wellbeing and safety issues developing or increasing due to additional pressure on family. 	<p>Advice for:</p> <p>Pupils</p> <ul style="list-style-type: none"> • CYP's Commissioner – Rights advice <p>Parents</p> <ul style="list-style-type: none"> • Citizen Advice – Money Talk Team (Scotland) • Ask Child Poverty Action Group – Benefits <p>Practitioners</p> <ul style="list-style-type: none"> • ES – CLD, Poverty and Social Justice Wakelet

Looked After	<ul style="list-style-type: none"> looked after at home 	<ul style="list-style-type: none"> strain on or breakdown of relationships strain due to financial/employment instability of primary carer lack of confidence/capacity of parent to support wellbeing/education of child lack of parental control and ability to ensure YP self-isolates/stays in child protection issues worry about upcoming Children’s Hearing 	<p>General Advice for all re. looked after issues:</p> <ul style="list-style-type: none"> Local Social Work Offices (email/telephone) Out of hours Social Work (email/telephone) Link to Local Authority Children’s Rights Team SCRA: Coronavirus and your Hearing
	<ul style="list-style-type: none"> in kinship or foster care 	<ul style="list-style-type: none"> strain on or breakdown of relationships strain due to financial/employment instability of primary carer breakdown of placement lack of carer’s control and ability to ensure YP self-isolates/stays in lack of confidence/capacity of carer to support wellbeing/education of child worry about upcoming Children’s Hearing 	<p>Specific advice for Kinship and Foster carers</p> <ul style="list-style-type: none"> Fosterline Kinship Care Scotland
	<ul style="list-style-type: none"> in a residential unit or school in a secure care facility 	<ul style="list-style-type: none"> group living - higher risk of social contact and spread of virus loss of placement due to unit closure (for financial reasons or due to virus) strain on or breakdown of relationships lack of stability and unit unsettled due to high staff absence high levels of anxiety in staff and CYP increased risk of mental health issues such as self-harming and professional support for this worry about upcoming Children’s Hearing breakdown of placement above points plus increased risk of seclusion (due to illness or lack of staff to safely supervise social time) 	<p>Advice for Care Services</p> <ul style="list-style-type: none"> Care Inspectorate: Covid 19 Information for care services

Leavers	<ul style="list-style-type: none"> June school leavers 	<ul style="list-style-type: none"> anxiety about lack of evidence for true assessment of levels due to previous absence or poor performance pupils studying at N3/4 level – no prelims or potentially coursework due to absence worry that pupils will leave school without entrance requirements for College in September 	<p>Advice:</p> <p>SQA website for guidance about exams/coursework</p>
Young Carers	<ul style="list-style-type: none"> young carers 	<ul style="list-style-type: none"> full time caring responsibilities may increase levels of stress over time lack of confidence/capacity of parent to support wellbeing/education of child lack of practical support for care of parent/sibling at risk of anxiety/mental health issues (see below) anxiety about lack of qualifications due to absence or poor performance due to effect of caring responsibilities lack of connection with or ability to review carer's statement 	<p>Advice for:</p> <p>Young Carer's:</p> <ul style="list-style-type: none"> Young Scot (NB. Young Carer's Grants available) <p>Teachers/Parents/Young Carer's:</p> <ul style="list-style-type: none"> Supporting Young Carers in Education Carer's Trust <p>Unpaid carers</p> <ul style="list-style-type: none"> Scottish Government advice about Covid-19
Anxiety and Mental Health	<ul style="list-style-type: none"> anxious or affected by mental health issues 	<ul style="list-style-type: none"> raised anxiety leading to distressed behaviours, such as, withdrawal, risk taking, self-harming... lack of access to protective factors, such as, familiar places, people, routines... lack of confidence or capacity of parents/carers to support their child or young person with their anxiety/mental health or the resulting behaviour increase in anxiety or regression in mental health as isolation period progresses 	<p>Advice for:</p> <ul style="list-style-type: none"> Coronavirus (COVID-19) information specifically for children ES- Mental Wellbeing Wakelet Breathing Space : Helpline 0800 83 85 87 <p>Young People</p> <ul style="list-style-type: none"> Reach: My Learning and Support during Coronavirus Young minds - 24/7 text support – Text YM to 85258 Mind for better mental health Helpline 0300 123 3393 Young Scot Covid 19 <p>Parents/carers</p> <ul style="list-style-type: none"> NSPCC – Helpline 0808 800 5000 Young Minds Helpline for Parents 0808 802 5544 Scottish Attachment in Action
Domestic Abuse	<ul style="list-style-type: none"> affected by domestic abuse 	<ul style="list-style-type: none"> feeling unsafe (less time in places of safety – nursery/school) increased anxiety due to more time spent at home increased risk of abuse 	<p>Advice for women and children:</p> <p>Scottish Women's Aid -Helpline 0800 027 1234</p> <p>Shakti Women's Aid - Support for women from BME communities</p> <p>Rape Crisis Scotland - Helpline 0808 801 0302</p> <p>Childline – Helpline for children</p>

Disability or Complex Additional Support Needs	<ul style="list-style-type: none"> complex ASNs 	<ul style="list-style-type: none"> strain on or breakdown of relationships strain due to financial/employment instability of primary carer reduced contact with services to support care routines, moving and handling and/or postural management health and/or wellbeing concerns due to prolonged or reduced access to specialist equipment or support lack of appropriate resources for learning at home. For example, sensory based resources. 	<p>Advice for all:</p> <ul style="list-style-type: none"> UK Government list of free online ASN resources and Apps for learning at home Autism Toolbox – new Covid 19 information page British Academy of Childhood Disability – Resources CALL Scotland – symbol and sensory resources ENABLE Examples of Fact sheets for disabled people ENQUIRE: General advice - ASL Mencap – ‘Involve Me’ booklet – decision making and PMLD PAMIS –Support for CYP with PMLD and their carers/parents The Sensory Projects - COVID 19 educational resources ES – Additional Support Needs - Resources ES – Complex Needs Resources for learning at home
	<ul style="list-style-type: none"> deaf 	<ul style="list-style-type: none"> deaf parents may find home-schooling difficult if BSL rather than English is their first language limited access to information and online learning suitable for deaf learners (or parents) lack of ongoing mentoring/advocacy support as deaf learners often need face to face support lack of targeted information in BSL 	<p>Advice for Parents and Children and Young People</p> <ul style="list-style-type: none"> BSL video with Coronavirus (COVID-19) guidance BSL glossary of subject terms BSL - Coronavirus (COVID-19) Social Distancing You Tube BSL users access to the online British Sign Language video relay interpreting service (VRS) 24 / 7 British Deaf Association Mentoring Officer Email: mentorscot.drp@bda.org.uk
	<ul style="list-style-type: none"> vision impairment 	<ul style="list-style-type: none"> lack of accessible information lack of advice around safe sight guiding and social distancing reduced access to physical activity reduced access to accessible learning resources (including books) parents overwhelmed by or lack confidence with home learning, for example, using online resources or braille 	<p>Advice for Parents, Carers and Children:</p> <ul style="list-style-type: none"> RNIB Email cypfscotland@rnib.org.uk Phone 0303 123 9999 Video in child friendly language and does not rely on visual information Sight Advice FAQ – How to guide safely & social distancing Look UK – fitness videos. Supernova - Trial free access to Magnifier/Screen Reader Audible - free audio books to children National Accessible Library – free downloadable books Oxford Owl - free ebooks for children 3 – 11 (can be narrated) Perkins School for the Blind - stay-at-home activities Learn Unified English Braille (UEB) online Humanware - support for IT products via webinars: