

# Contact us

## The Phoenix Project

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For further help:

### HELPLINES

**Police: 101** or **999** if you are in immediate danger

**Childline: 0800 1111**

A confidential 24 hour free telephone helpline. Emotional support for children and young people on issues relating to child abuse, bullying etc.

**Brook Young People's Sexual Health Information Service: 020 7617 8000**

### WEBSITES

**Brook**

[www.brook.org.uk](http://www.brook.org.uk)

Sexual health information

**CEOP...Think U know**

[www.thinkuknow.co.uk/11\\_13](http://www.thinkuknow.co.uk/11_13)

[www.thinkuknow.co.uk/14\\_plus/](http://www.thinkuknow.co.uk/14_plus/)

The latest information on the sites you like to visit, mobiles and new technology.

**FaceUp2it**

[www.faceup2it.org](http://www.faceup2it.org)

FACE (Fighting Against Child Exploitation) is a group of young people, male and female, who are aware of the dangers of grooming and sexual exploitation.

**Missing People Helpline: Say Something Text 116000**

[www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething](http://www.missingpeople.org.uk/how-we-can-help/young-people/646-saysomething)

The Say Something campaign has been developed with young people and aims to safeguard vulnerable children and young people by empowering them to identify early indicators of child sexual exploitation (CSE). They provide a free, 24-hour, anonymous phone and SMS helpline, **116000**, enabling young people to disclose information and get support.

### APPS

**aSk UK app**

Search for **aSk UK** in your app store.

aSk UK is a health information app for young people in the UK encouraging safer sex and signposting to advice and services.



**spurgeons**  
Phoenix Project

# The Phoenix Project

A confidential service across Birmingham to support young people to make positive choices in their relationships.

[www.spurgeons.org](http://www.spurgeons.org)

Funded by



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## The Phoenix Project

Spurgeons has run the Phoenix Project in Birmingham since 2013. The project supports children and young people aged 8-17 to make positive decisions about healthy relationships and personal safety.

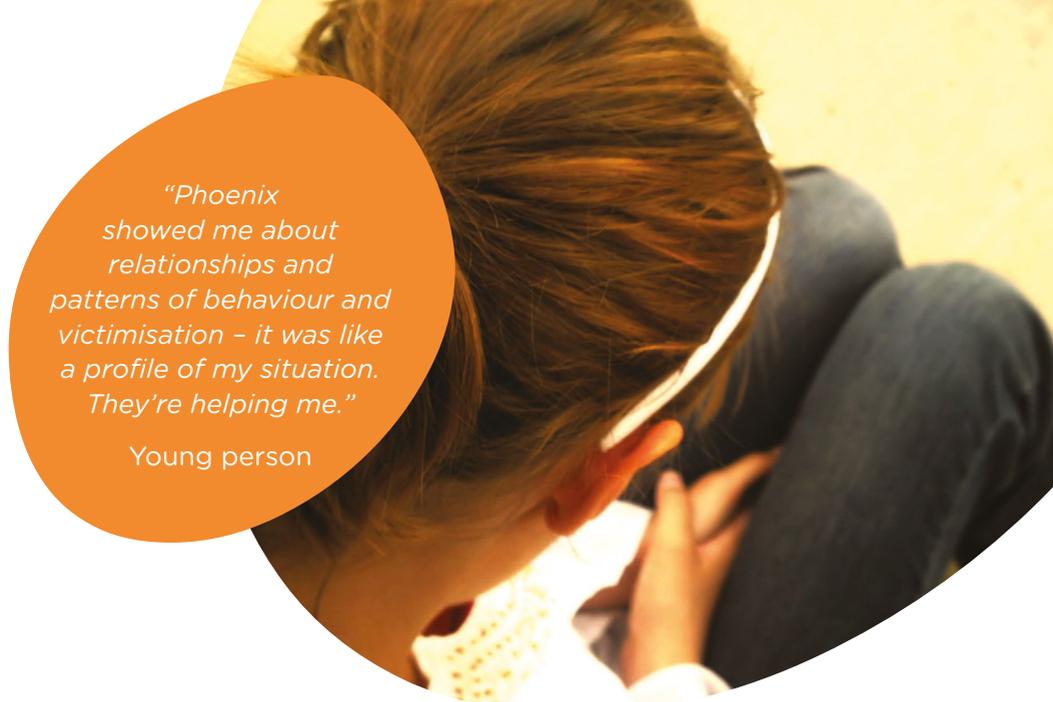
**Some relationships may seem good and exciting. It's sometimes hard to see when a relationship is bad because at first it may seem so good or so much fun.**

### Is this you?

- Do you chat to people online you have never met?
- Keep secrets about where you are going and who you see?
- Are there things at home that make you upset?
- Do you go missing from home?
- Are you in trouble with the Police or hang around with nowhere to go?
- Do you feel sad, depressed or angry?
- Do you smoke, use drugs or alcohol?
- Are you being bullied?
- Are you out of school and bored?
- Do you hang around in gangs or with older people?

### What is Child Sexual Exploitation (CSE)?

You might feel as though you are special and loved. You may get gifts, money, a new phone, drugs or alcohol or be part of a gang. But you may be persuaded to do sexual things in exchange for gifts or affection. You may feel you have to do this to fit in or feel more like an adult. Sexual exploitation is a situation or relationship where one person has more power and control over the other. You may be in a situation where you slowly become abused.



*"Phoenix showed me about relationships and patterns of behaviour and victimisation – it was like a profile of my situation. They're helping me."*

Young person

### How we can help

Taking the first step towards getting help can be really hard.

At Phoenix we can help you:

- Talk about healthy relationships
- Stay safe in the community
- Support you to join in fun activities with young people your age
- Get help if you misuse drugs or alcohol
- Stay happy and healthy
- Build on your relationships at home
- Work with your family to help them to support you
- Express your views and make good choices
- Understand safe use of the internet, mobile phones and social media
- Learn about consent and the law

### Who we are

Spurgeons Children's Charity provides support to vulnerable and disadvantaged children and families across England through the delivery of support and intervention services.