

Welcome to Cumbria Safeguarding eLearning

The CSCP is committed to providing a range of learning opportunities for all staff and volunteers who deliver services to children, young people and families. In order to achieve this we are pleased to introduce a suite of eLearning opportunities designed to complement the multi-agency learning and development program.

Safeguarding and Child Protection Level 1 (eLearning)

All professionals working with children, or who are in contact with children, have a role and duty in safeguarding children from harm.

This course deals with the context of child protection and how it is everybody's responsibility to keep children safe. The different signs and types of abuse are described, as are the ways to keep children you work with safe.

It outlines the importance of child protection and how everyone can keep children safe from abuse. We help learners recognise the signs and types of abuse, including some less common types of abuse such as trafficking, forced marriage, and female genital mutilation.

A multiple choice knowledge check is included.

Outcomes: On completion, you will have learnt how to recognise when a child may be suffering from abuse and what you can do to keep children safe.

Child Sexual Exploitation (eLearning)

This course aims to give an overview of what child sexual exploitation (CSE) really is. We look at how to identify some of the signs that CSE might be occurring, as well as the process of grooming.

Guidance is also provided on the use of the Framework when assessing for CSE, and best practice for practitioners working with children and young people.

Outcomes: On completion you should know what child sexual exploitation (CSE) is and how to identify it, as well as understanding what action practitioners and agencies should take for victims.

Early Help for Children and Families (eLearning)

This course looks at the function of an Early Help Assessment. Early Help is a dynamic process and it incorporates all the professionals involved in the child's welfare

Domestic Abuse (eLearning)

Domestic abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality.

This module explores the signs and indicators of abuse and how it affects children. We also cover how to address instances of domestic abuse and get support.

Female Genital Mutilation (FGM) (eLearning)

Female genital mutilation (FGM) has many names. It is often called female circumcision or 'cutting'. Whatever name it goes under, the practice refers to procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons.

We look at the scope and secrecy surrounding the global and national extent of FGM and the legal structures in place to protect girls and young women from FGM in the UK. Guidance is also provided for all professionals on the action to take if FGM is suspected or discovered.

This awareness-raising course is aimed at all social care practitioners, social workers, youth and young people's service practitioners and anyone who works with children and young people.



Honour Based Violence and Forced Marriage (eLearning)

Forced marriage is a form of honour based violence. It occurs when a marriage takes place without the free consent of the people getting married.

This course will look at what honour means in the context of honour based violence and its underlying motives. Guidance will be provided for those working with children, young people and adults at risk of their roles and responsibilities as well as recognising the legislation connected with honour based violence and forced marriage.

Duration: 60 minutes

Modern Slavery and Human Trafficking (eLearning)

This course is designed to raise your awareness of modern slavery and human trafficking and to help you recognise your role in identifying and reporting concerns.

It includes sections on the laws and regulations associated with modern slavery, some of the indicators to watch out for and advice and guidance for dealing with both child and adult victims.

Neglect (eLearning)

Neglect is not always easy to identify by professionals. This course aims to help professionals identify the signs, indicators, symptoms and risk factors associated with it.

Through a series of case studies you will see how the Common Assessment Framework provides practitioners with a working model for assessing neglect and parental capacity. You will also receive guidance on the functions, considerations and decisions around assessing risk for a child suffering neglect. A multiple choice knowledge check is included.

Self-harm (eLearning)

Self-harm is when somebody intentionally damages or injures their body. It's usually a way of coping with or expressing overwhelming emotional distress. Sometimes when people self-harm, they feel on some level that they intend to die. More than half of people who die by suicide have a history of self-harm.

But the intention is more often to punish themselves, express their distress, or relieve unbearable tension. Sometimes it's a mixture of all three.

Self-harm can also be a cry for help. Self-harm is an extremely complex issue, both for those who self-harm and the professionals who support them.

This course will raise your awareness of self-harm, help you to develop an understanding of the issues faced by self-harmers, and what you can do to help them.



Social Media and Safeguarding (eLearning)

This course asks what we know about social media and why we worry about it.

The course covers the different types of risk that exist online and explores how we can keep young people safe.

Duration: 30 minutes

Sudden Unexpected Death in Infancy (SUDI) (Blended)

What is sudden infant death syndrome (SIDS)?

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby where no cause is found. The content of this course page links directly to The Lullaby Trust

Suicide Prevention Awareness (eLearning)

In the UK, someone takes their own life every 86 minutes. We've put together this e-learning module with the aim of helping people to recognise when a friend, family member or colleague is suffering from mental ill health.

We demonstrate how to approach someone who is emotionally distressed and may be considering suicide, and teach the learner how to provide real support in such situations.

Trauma training for professionals across Cumbria (eLearning)

Understanding Trauma - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma. Recognising trauma, recovery from trauma, and more...

Understanding Attachment - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.

Understanding Brain Development - This course is for practitioners who want an introduction to brain development from the antenatal period to adolescence.

