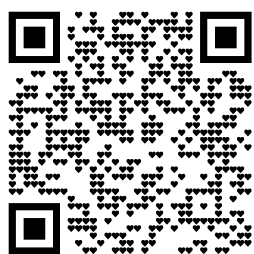


WHAT'S THE HARM?

*A workbook for
young people*



Find out
more,
access
resources
and get
involved



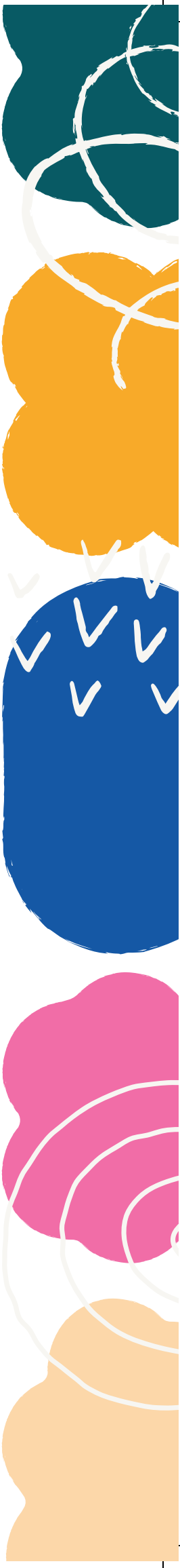
SCAN ME

In partnership with:



Table of Contents

‘What’s the harm?’ workbook explained	03
What is Hidden Harm?	04
You are not alone	05
Feelings thermometer + activities	07
How it might affect you	09
Your feelings	10
Staying safe	12
Looking after yourself	13
What happens next	16
My helping hand	18
Service directory	19
Final thoughts	23



What's the Harm?

Support for Young People Affected by Parents, Carers, Guardians, Family Members or Significant Adults who Drink Alcohol or take Drugs.

You are not alone.

Sometimes a parent, carer, guardian, family member or a significant adult, may drink alcohol or take drugs in a way that affects family life. This can leave young people feeling worried, confused, angry, frustrated, responsible for others, or unsure who to talk to.

This workbook has been created to help you:

- Understand what is happening
- Explore your thoughts and feelings
- Learn ways to look after your own wellbeing
- Find support and trusted adults who can help
- Know where to go if you need advice or someone to talk to



This workbook is a safe space.

Everyone's family is different, and this workbook is designed to help you understand your experiences, build confidence and find support if you need it.

You can work through these pages at your own pace.

- Your feelings matter
- You are not alone
- It's okay to ask for help
- There are people who care and want to support you

Throughout this workbook, the term "parent" is used to refer to any adult who plays an important caring role in your life, including parents, carers, guardians, family members and other significant adults (such as family friend).



What is Hidden Harm?

Sometimes things at home can affect how you feel.

Hidden Harm is the term used to describe the negative experiences of children and young people growing up with parents who drink alcohol or take drugs. This can sometimes include some prescribed drug medications.

What's the harm?

"Never feeling fully relaxed because you're always waiting for something to happen."

Sometimes the effects are easy to notice. Other times they can be harder to spot. You might not realise that the way you are feeling, or some of the things happening at home, could be connected to a parent drinking alcohol or taking drugs.

Hidden Harm can affect young people in different ways. It might change routines, make home life feel unpredictable, or leave you feeling worried, stressed or responsible for things that are your parents' responsibility. Hidden Harm may not be happening now, but you may have experienced it in the past and find it hard to understand.

What might hidden harm look like?

You might:

- Feel unsure what mood someone will be in when you see them.
- Hear arguments or disagreements at home.
- Be late for school because routines do not go as planned.
- Help look after brothers, sisters or wider family.
- Worry about whether someone at home is safe or well.
- Feel unable to invite friends round to your house.
- Hear rumours or comments about your family.
- Feel blamed or judged because of someone else's behaviour.
- Feel anxious, worried, sad, embarrassed, angry or confused.

Remember...

Not everyone affected by Hidden Harm will experience these things.

Your experience may be completely different, and that is okay.

If someone is drinking alcohol or taking drugs at home and this is affecting you in any way, you could find support helpful.

What adults choose to do is not your responsibility, and it is never your fault.

A note about this workbook

This workbook belongs to you.

You can complete it at your own pace, write as much or as little as you like, and you choose whether you share it with anyone.

There are no right or wrong answers.

This is a safe space to understand your thoughts, feelings and experiences.



You Are Not Alone



A message just for you

If you are using this workbook, you may have a parent who drinks alcohol or takes drugs. They may even have to take prescription medication due to an illness or injury.

You might feel worried, upset, angry, embarrassed, confused or even unsure how you feel. Some days may be harder than others.

Whatever your situation looks like, there is one important thing to remember:

You are not alone

Many children and young people have similar experiences. Even if it feels like nobody understands what life is like at home, there are people who care and want to help.

It is not your fault

Adults are responsible for their own choices and behaviour.

Nothing you did, said or thought caused someone else to drink alcohol or take drugs.

You are not responsible for someone else's behaviour.

You matter

Your feelings matter.

You deserve to feel safe, listened to and supported. It is okay to ask for help, even if things do not seem that bad or if you are unsure what to say.

You do not have to cope with everything on your own.

You deserve support if you want it

Talking about life at home can feel difficult. You may worry about what will happen or feel nervous about sharing how you feel. You may even worry about things that have already happened and that's okay too.

But speaking to someone can help you get the support you need.



A trusted adult could be:

- A parent, family member or family friend you trust
- A teacher, teaching assistant/or someone in school
- 0-19 Public Health Nursing service professional
- A youth worker
- A social worker
- A family support worker
- Another adult who makes you feel safe and listened to
- A faith leader

Need someone to talk to?

If you are not sure who to speak to, or do not feel ready to talk to someone you know, you can contact the SPACE Duty Worker for advice and support, or an agency from the service directory at the end of this booklet.

Remember, asking for help is a brave step and can help make sure you and your family get the support you need

Text or call **07483 367805**

What might home feel like?

Everyone feels differently.



When someone at home is taking drugs or drinking alcohol, it can sometimes affect how you feel, even if you are not always sure why.

Some days might feel okay, while other days might feel difficult or confusing. You may experience lots of different feelings at the same time, and those feelings can change from day to day.

Whatever you are feeling is okay.

There is no right or wrong way to feel.

Common feelings

You might sometimes feel:

- | | |
|---------------|----------------------------|
| 😟 Worried | 😱 Scared or anxious |
| 😡 Angry | 😞 Frustrated |
| 😕 Confused | 🤲 Responsible for others |
| 😞 Sad | 😞 Let down or disappointed |
| 😳 Embarrassed | 😌 Relieved |
| 😞 Lonely | 😊 Happy |



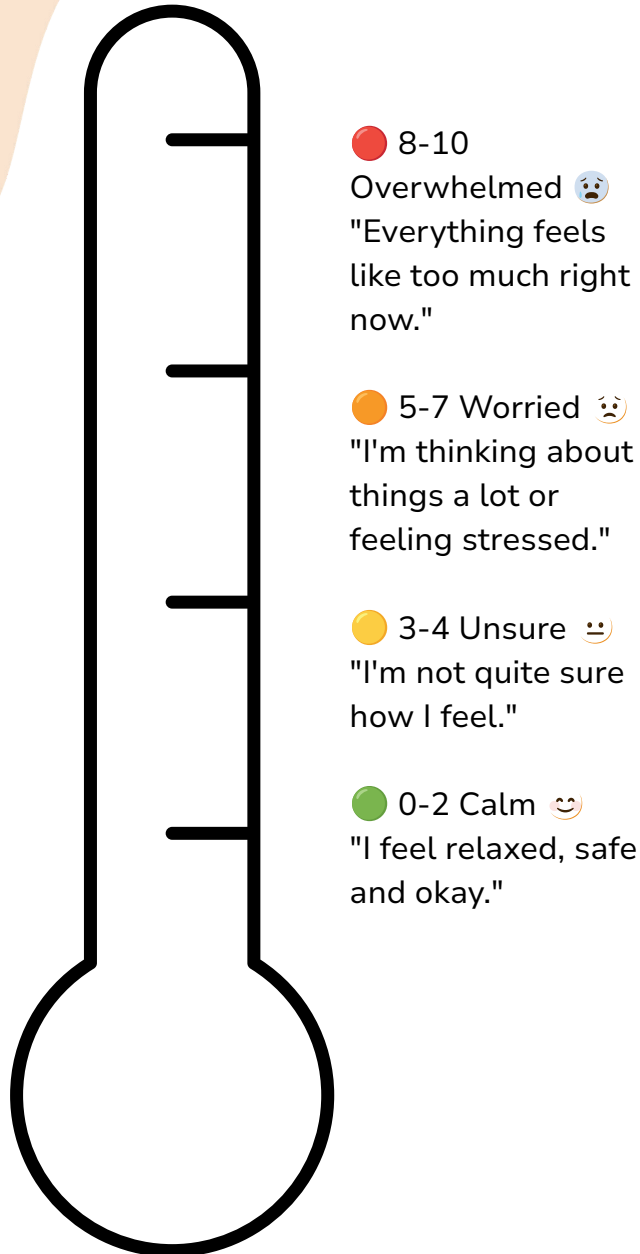
You may recognise some of these feelings, all of them, or none of them.

Everyone's experience is different.

Feelings Thermometer

Think about how things have felt recently at home.

Colour in or circle the number that best matches how you feel most of the time.



Write here some reasons why you may feel like this at home:

Activity 1: Circle three words

Circle the three words that best describe how home can feel for you:

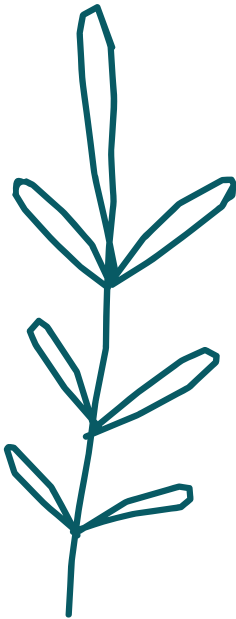
- Worrying • Safe • Lonely • Confusing • Happy • Angry • Stressful • Loving
Scary • Supporting • Frustrating • Hopeful • Tiring • Uncertain • Secure • Sad • Content
Shameful • Anxious • Withdrawn • Annoying • Calming • Embarrassing

Activity 2: What helps you feel calmer or safer?

When you are having a difficult day, what helps you feel better?

It could be:

- Talking to someone you trust
 - Listening to music
 - Playing football or another sport
 - Spending time with friends
 - Gaming
 - Drawing or being creative
 - Walking outside
- Spending time with a pet
 - Being on your phone
 - Reading
 - Spending time outside the house
 - Being with Family
 - Swimming
 - Mindfulness



Write below some things that help you:

Remember

- Having lots of different feelings is normal
- You do not have to deal with difficult feelings on your own
- Talking to someone you trust can help

How it might affect you

Everyone's experience is different



Having parents or family who take drugs or drink alcohol can affect different parts of your life. It may affect how you feel, how you sleep, your friendships, school, or the things you do at home.

You might notice it a lot, or only sometimes.

When we feel worried or stressed, our body can feel different too.

- Racing heart
- Headaches
- Tiredness
- Sweating
- Tummy aches
- Head and muscle pain
- Shaking
- Trouble sleeping
- Breathing changes

What do you recognise when you are feeling stressed or worried?

How it Might Affect You Now, or Has Done in the Past

Early Childhood

You might:

- Feel upset when adults don't respond to your needs
- Feel scared if a parent looks, sounds or acts differently
- See unfamiliar people coming in and out of the house
- Miss out on routines, playtime or cuddles

💬 "Mum doesn't seem like herself today."

💬 "I don't like all the different people coming round."



Primary School

You might:

- Feel tired or worried at school
 - Find it hard to concentrate
 - Feel embarrassed about what is happening at home
 - Worry about a parent when you are apart
- 💬 "I can't stop thinking about my Dad while I'm at school."
- 💬 "I don't want my friends coming to my house."
- 💬 "My clothes smells funny, my friends tease me about it."

Secondary School

You might:

- Help look after younger brothers or sisters
- Take on extra jobs at home
- Worry about whether a parent is OK
- Miss out on time with friends
- 💭 "I feel responsible for everyone else."
- 💭 "Sometimes I worry more than people realise."



Remember

Not everyone will experience these things. You may recognise some, all, or none of them. Whatever your experience, your feelings matter, and support is available if you need it.

Are you a young carer?

Do you take on extra jobs at home? This could be looking after your siblings, making sure they are up and ready for school, making them drinks or meals. Do you worry about your parent being OK? Do you try to keep them calm and stop arguments happening?

Support available in Barnsley

Young Carers Service	Support for children and young people with caring responsibilities	01226 772423 (via Targeted Early Help)
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Your Feelings Matter

Having a parent who takes drugs or drinks alcohol can bring up lots of different feelings. You might feel sad, worried, angry or confused. Sometimes you might feel more than one thing at the same time.

You can love someone and care about them, while also feeling upset about some of things that happen and have happened in the past.

Whatever you are feeling is okay.

My Reflection

One thing I wish adults understood is...

One person I could talk to is...

My Feelings Space

Use this space to write, draw, doodle, use emojis or express how you feel.

Remember

Your feelings are important.
Feelings can change from day to day.
You do not have to manage difficult feelings on your own.
There are people who care and want to help.
It's okay to ask for help.

Staying Safe

Sometimes when parents drink alcohol or take drugs things at home can feel worrying, upsetting or unsafe.

Pay attention to how you are feeling. Remember, if something doesn't feel right, it is okay to ask for help.

Safety steps

1 Notice how you feel
Are you feeling worried, scared or unsafe?
 Trust your feelings

2 Go somewhere safe
Move to a place where you feel safe.
My safe place(s):



3 Contact a trusted adult
Tell someone what is happening and why you are worried.
My trusted adult(s):

4 Get emergency help
If you think someone might get hurt, including yourself, a brother or sister or another family member:
 **Call 999 and ask for the Police.**

My safety plan

If I feel worried, I will:

The adult I can contact is:

You deserve to feel safe

Everyone deserves to feel safe, listened to and supported. If you are worried about something at home, talk to a trusted adult. You do not have to cope with difficult situations on your own. Help is available, and people want to support you.

Looking After Yourself

Looking after yourself matters

If things feel difficult at home, it's important to remember:

Adult problems are not yours to fix.

It is okay to feel worried, upset, angry, confused or frustrated. Looking after yourself won't solve everything, but it can help you feel calmer, safer and more able to cope.

Different things work for different people. Your personal coping toolkit is about finding what works for you.

My Personal Toolkit

Things I could try:

Breathing

Taking slow, deep breaths can help your body feel calmer.

Try Box Breathing:

1. Breathe in for 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Hold for 4 seconds
5. Repeat a few times



Talking to someone

Talking to someone you trust can help you feel less alone.

This could be:

- A friend or family member
- A teacher or youth worker
- Using your phone
- A school nurse
- A trusted adult
- Support services such as Kooth or Night OWLS



Journaling

Writing down your thoughts can help get worries out of your head and onto paper.

You could write:

- How you're feeling today
- What is worrying you
- Things you are grateful for
- Ideas that help you cope



Listening to music, singing or dancing can help you relax, express your feelings and lift your mood.

What songs help you feel calm, happy or strong?

Sports and activities

Being active can help reduce stress and improve wellbeing.

What activities help you feel good?

- Football • Walking • Swimming • Bike riding
- Gymnastics • Dancing • Running • Anything else you enjoy..

Safe places and safe people

Think about places and people that help you feel calm and supported.

A safe place for me is:

Take a break

Sometimes doing something enjoyable can give your mind a rest.

Ideas include:

- Playing a game • Drawing or colouring
- Reading • Spending time outdoors • Watching something you enjoy

My top three personal toolkit ideas

1.
2.
3.

Use this space to write down or draw anything else that helps you feel calm, safe or supported and your next steps. There is no right or wrong answer. This is about you.

Getting Help

Asking for help is a positive step

Sometimes young people worry about asking for help because they think they will get into trouble or that they have done something wrong.

If something at home is worrying you, talking to a trusted adult can be the first step towards getting support.

What Happens Next?

1. Speak to a trusted adult

Tell them what you are worried about and how things are affecting you.



2. They will listen

They may talk with you about your worries, answer questions and check in with you regularly to see how you are getting on.



3. They will help you find support

This could include:

- Support for you and your wellbeing
- Support for your parent or carer if they want it
- Support for your family as a whole
- Help for young carers
- Help from other services if needed



4. People work together

Sometimes professionals, such as teachers, support workers or health staff, may work together with your family to create a plan and make sure the right help is in place.

Will people tell other people?

The person you speak to should explain:

- What they will do with the information you share
- Whether they need to talk to anyone else
- What support is available for you

Some services may be able to support you confidentially, but this is not always possible. You can always ask how your information will be used.

Keeping you safe

Everyone has a responsibility to help keep children and young people safe.

If a professional is worried that you or somebody else could be at risk of harm, they may need to share information with other people who can help protect you. This is called safeguarding.

If this happens, they should explain what they are doing and why, wherever possible.

**If you feel unsafe, someone is in danger,
or you do not know what else to do, call 999 in an emergency.**

Remember

Asking for help does not mean you have done anything wrong. It means you are taking an important step to keep yourself safe and get the support you need.

Talking to someone

You Don't Have to Deal With Things Alone

If something at home is worrying you, it can feel difficult to talk about it. You might worry that nobody will understand, that you will get someone into trouble, or that things will get worse.

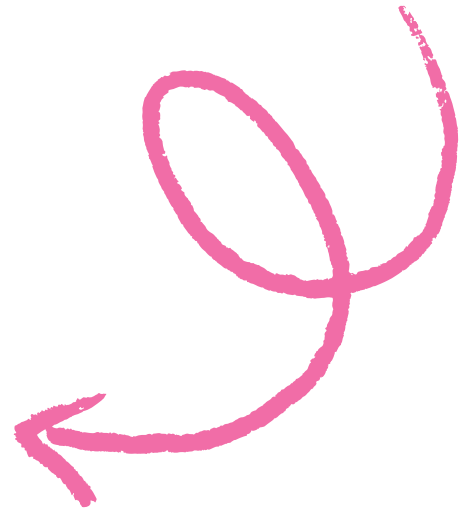
Talking to a trusted adult can help you feel less alone and can help keep you safe.

You do not have to have all the right words. You could show this workbook to a trusted adult or simply telling someone that you are worried is enough.

Who can I talk to?

There are lots of people who can listen and help, including:

-  Teacher or Learning Mentor
-  School Nurse
-  Youth Worker
-  Family Member
-  Social Worker
-  Sports Coach or Activity Leader
-  Trusted Neighbour
-  Helpline or Support Service



Remember: the best person to talk to is someone you trust.



My Helping Hand

Place your hand on this page and draw around it.

Think about five people or services you could contact if you needed support, advice or someone to listen.

Write one person or service on each finger and thumb.

Suggestions:

Teacher • Youth Worker • Family Member • School Nurse
Trusted Friend • Social Worker • Coach • Helpline

In the middle of your hand write:

- 999

If you feel unsafe, someone is in danger, or you do not know what else to do in an emergency, call 999 or use the service directory at the end of this booklet for useful services to support you.

Not Sure What to Say?

Starting a conversation can feel difficult. You could try:

- "I'm worried about something."
- "Can I talk to you about something at home?"
- "Things haven't been great recently and I need some help."
- "I'm finding things difficult and don't know what to do."
- "Can you help me with something that's worrying me?"

Remember

The first step is often just talking to someone you trust.

Service directory

There are people in Barnsley who can help.

You do not have to deal with worries on your own. Whether you are worried about parents drinking alcohol or taking drugs now or in the past, your own wellbeing, or how things are affecting your family, support is available.

The below services are available to help guide you and let you know you are not alone.

Immediate Safeguarding Concerns

Service	What can they help with?	Contact details
Children's Social Care	Immediate safeguarding concerns regarding a child	Phone: 01226 772423
Adult Social Care	Immediate safeguarding concerns regarding a vulnerable adult	Phone: 01226 773300
Emergency Services	Child or adult at immediate risk of harm	Phone: 999
South Yorkshire Police	Non-emergency concerns	Phone: 101
NSPCC Helpline	Advice regarding child safeguarding concerns and support with referrals	Phone: 0808 800 5000
NHS 111	Urgent health advice that is not a 999 emergency	Phone: 111

Service	What can they help with?	Contact details
Barnsley Recovery Steps	Treatment, recovery support and peer support for adults affected by alcohol or drug use	Phone: 01226 779066 Email: brs.referrals@waythrough.org.uk www.barnsleyrecoverysteps.org.uk
SPACE	Young people's drug and alcohol support service (Under 18's)	Phone: 01226 779066 Text: 07483 367805 https://barnsleyrecoverysteps.org.uk/support/young-peoples-support/
Smokefree	Support to stop smoking	Telephone (free from landlines): 0800 612 0011 Telephone (free from most mobiles): 0330 660 1166 Text: Text YSF to 80800 for a callback service

Family and Hidden Harm Support

Service	What can they help with?	Contact details
M-PACT	Whole-family support for families affected by parental substance misuse	Phone: 01226 779066 Email: brs.referrals@waythrough.org.uk www.barnsleyrecoverysteps.org.uk
Early Help	Parenting support, family support, targeted interventions and coordinated support plans	Phone: 0800 0345 340 Email: earlyhelp@barnsley.gov.uk

Emotional Wellbeing and Mental Health Support

Service	What can they help with?	Contact details
Compass Be Mental Health Support Team	Emotional wellbeing support within schools	01904 666371 info.barnsleymhst@compass-uk.org
CAMHS	Specialist child and adolescent mental health support	01226 107377 barnsleycypmhrequestsupport@swyt.nhs.uk

Kooth	Free online counselling and wellbeing support for young people	https://www.kooth.com/
Childline	Confidential advice and support for children and young people	0800 1111
Night OWLS	Evening and overnight emotional wellbeing support	0800 148 8244 Text: 07984 376950
Papyrus HOPELINE247	Suicide prevention and crisis support for young people	0300 102 2470 https://www.papyrus-uk.org/
Chilypep	Early support mental health and emotional wellbeing hub for young people aged 11–25 in Barnsley,	01226 213 123 HOME@chilypep.org.uk

Health Services

Service	What can they help with?	Contact details
0-19 Health Visiting Service	Child health, development and family support	01226 774411
Midwifery Services	Pregnancy and early parenthood support	Barnsley Hospital: 01226 730000
Smoking in Pregnancy Service	Stop smoking support during pregnancy and early parenthood	01226 431621
GP Practices iheart Barnsley	Non-emergency medical care Out of hours GP appointments	Contact your own GP Surgery 01226 242419
Midwifery Services	Pregnancy and early parenthood support	Barnsley Hospital: 01226 730000
Spectrum	Free and confidential sexual health and contraception support and relationship advice	0800 055 6442 Barnsley.SH@spectrum-cic.nhs.uk

Midwifery Services	Pregnancy and early parenthood support	Barnsley Hospital: 01226 730000
Spectrum	Free and confidential sexual health and contraception support and relationship advice	0800 055 6442 Barnsley.SH@spectrum-cic.nhs.uk

Young Carers Family Support and Universal Services

Service	What can they help with?	Contact details
Young Carers Service	Support for children and young people with caring responsibilities	01226 770619 (via Targeted Early Help)
IDAS	Domestic abuse advice and support	03000 110 110
Citizens Advice Barnsley	Debt, welfare and financial advice	0800 144 8848
Barneslai Homes	Housing and tenancy support	01226 787878
Self-Neglect and Hoarding Service	Support around self-neglect, hoarding and property concerns	01226 773555 safer@barnsley.gov.uk
BSARCS	Specialist support for people affected by rape, sexual abuse, sexual assault or sexual violence	01226 320140 info@bsarcs.org
Byouth	Early intervention and youth support for young people aged 11–19	byouthenquiries@barnsley.gov.uk or calling 01226 753406



Service	What can they help with?	Contact details
Samaritans	24/7 emotional support	116 123
SHOUT	Free confidential crisis text support	Text SHOUT to 85258

Before you go...

A Final Message

Well done for getting to the end of this workbook. Taking the time to work through it and reflect on your thoughts, feelings and experiences is something to be proud of.

You may have recognised some of the examples in this workbook, or you may not have. You might have found some activities helpful and others less relevant. That's okay. Everybody's experiences are different.

Take the parts that felt useful to you and remember that it is okay to come back to this workbook whenever you need to. You could even show it to someone on your helping hand.

Life can sometimes feel confusing, challenging or overwhelming, but you do not have to face things on your own. Talking to someone you trust can make a big difference, whether that's a family member, friend, teacher, youth worker or another trusted adult.

Things can change, support is available, and there are people who care about you and want to help you do well.

Change is possible. Support is available. You are not alone.



