

There is no blueprint for what is the right thing to do in any given situation. Often, the best recipe for a happy child is parents who are active and there for their children during their upbringing.

We have put together a simple guide which you can use to check whether everything is OK with your child.

The aim of this guide is to identify people in the risk zone at as early a stage as possible and to implement appropriate measures for them.



You can get help. By seeking help, you can secure a better future for your child and your family. It is not dangerous or shameful to ask for help. You are a good mother or father if you ask for help. We all need help sometimes.

If you have any concerns, you can contact:

The social teacher/educator, the contact teacher or the nurse at the child's school

FABU (family team): **tel. 905 08 858**

FABU (utekontakten – a social officer working towards young people in risky environment): **tel. 905 08 671**

Child protection services (urgent): **tel. 46 47 34 01**

Child protection services (emergency): **tel. 64 99 32 70**

Emergency telephone number for children, adolescents and parents, **tel. 116 111**

Police **politi.no**, **tel. 02800**

ung.no (information site for adolescents)

utveier.no (information site on radicalization processes and the way out)

forebygging.no (information site for public health furthering work and prevention of drug abuse)

Dialogue, advice, guidance and follow-up discussions with young people are adapted to their challenges, situation and relationships.

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GUIDE FOR PARENTS - BY PARENTS, FOR PARENTS



What can you as a guardian do to prevent your children from ending up in negative environments?



GREEN

You know the school, the homework and the other parents. You attend meetings with the school.

You know how you can help your child with their studies.

You know your child's friends and their parents.

Your child is active during their spare time and school holidays and you are involved in this.

You spend a lot of time with your child and have fun with them.

You know what your child is doing online and on their mobile phone.

You know what you should do if your child is bullied or bullies others.

You know where you can get help if you have any concerns about your family.

No cause for concern.

YELLOW

You do not know the school, the subjects or the other parents very well.

You do not know where you can get help to improve your child's grades.

You do not know your child's friends.

You do not know what your child is doing in their spare time.

You do not spend a lot of time together during spare time or while on holiday.

You do not know what your child is doing online or on their mobile phone.

You notice changes in your child's behaviour, dress style and language without knowing why.

Your child does not come home at the time you agreed.

Your child is taking more time off school.

You notice that you and your child do not talk to each other very much.

Cause for concern. Talk to your child and seek advice and guidance.

RED

You do not have any contact with the school, the parents or your child's friends.

Your child avoids contact with you and tells you things that you believe are not true.

Your child has things which you do not have enough money to buy.

Your child does not come home at the time you agreed.

Your child is frequently off school.

Your child's behaviour has changed in a short period of time.

Your child spends a lot of time in Oslo but you don't know why.

Considerable cause for concern. See help and guidance as soon as possible.