



Confidentiality

Under 18's and vulnerable adults

What is confidentiality?

Confidentiality means you can tell me things and I will not share them with anyone else, including your parents/guardians. You have a right to confidentiality, regardless of how old you are. To share things with me, you will need to trust me and that is something we build together. My aim is for you to trust that I will not share what you say but also that I will keep you safe.

Why and when will confidentiality be broken?

If you share something with me and there seems reason to believe that you are at **serious risk of harm** or someone else may be at serious risk of harm, then it is likely I would need to share my concerns with someone else. This is particularly important for under 18's as I have a **duty of care** to keep you safe. That means I will be more likely to break confidentiality with someone under 18, than over 18.

What is serious risk of harm? Examples include;

- drinking excessive amounts of alcohol and/or drinking alcohol on a regular basis
- taking excessive drugs
- talking/ meeting up with strangers (online or in person)
- attempts of suicide
- self harming where there is potential to be seriously injured (e.g cutting your wrist)
- some sexual behaviours - dependant on age/ circumstances
- behaving in a way or being around people that is putting you at risk of being seriously hurt
- where you are being hurt or neglected by other people. This might be your friends, parents, family members
- where you are being coerced or forced into doing something illegal or that might cause you serious harm

How will confidentiality be broken?

First, we would talk about this together- nothing will ever be shared behind your back. Then, we could consider some options as to **who** we might tell and **how** we would do that. Examples are;

- Telling your parent(s), a teacher, a doctor, social services, the police etc, together
- Me privately talking with your parent(s)/ etc
- Writing an email, a letter or a text message to your parent(s) etc

Have a think about how you might like to do this and share your suggestions with me.