

Safeguarding Newsletter July 2020

The summer holidays are now upon us and we recognise that for many families these are difficult times, especially at the moment when there are so many restrictions still in place. This newsletter is an opportunity to pass on details of more support agencies you may find useful and important safeguarding news that we have received. Please take the time to read it.

Safeguarding Advisories

We have been passed two pieces of information which it is important you know to help keep your children safe.

Firstly, there have been an increase in the number of referrals into CADs (Children's Advice and Duty service) with respect to Roblox. This is an unregulated user created platform which is well-used by paedophiles as it is easy to groom children and lure them onto private platforms such as Snapchat where photo and video abuse then occurs. Parents can be misled into letting their guard down due to the child-friendly nature of the graphics but we have been advised that this app is not safe.

Dangers of Roblox:

- Beware of predators using third-party chat apps. Even with parental controls turned on and chat messaging turned off, predators have found a way to communicate with children while they play Roblox. ...
- Watch out for sexualized avatars. ...
- Be cautious with Roblox YouTube videos. ...
- Look out for bypassed audios.

Secondly, the items seen in the image below were seized following an arrest last week. Although they initially present as normal 'Nerds' sweets (true product is nearly identical), they actually contain Cannabis and a high amount of THC.



The information that has been received suggests that they are being sold to children for £12 per packet. However, they are available to purchase on mainly US based websites including 'Wish', so we may start seeing more and more of the products in the future in the UK.

Please be aware of these products and the potential risk to young people. Contact the police on the 101 number, if you know of any children in possession of these.

Online Safety

Online safety continues to be even more important at the moment as children are spending much more time online than they were pre-lockdown, which then opens them up to grooming, as can be seen by the Roblox alert above. As well as ensuring your parental controls are set (if you are unsure how to set them then <https://www.internetmatters.org/parental-controls> can help), it is important to ask the following questions:

- What content can they see?
- Is it age appropriate?
- Who are they sharing with and what are they sharing?
- Who are they chatting to and what are they sharing with these people?
- Who does your child count as a friend online?
- What are they playing?

Furthermore, remind your child that if something happens which makes them feel unsafe online they must talk to a trusted adult or call Childline (0800 1111). The NSPCC has also developed a new free online safety support line (O2 NSPCC Online Safety Advice Line 0800 8005002) which you can ring if you want advice on parental controls or have a concern about a social network that your child uses.

ThinkUKnow, an education programme from CEOP (national crime agency) have also developed some home learning packs which are well worth working through with your child.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets>

Mental Health

Although Norfolk and Suffolk NHS Foundation Trust (NSFT) is still running their [24/7 helpline](https://www.nsfoundationtrust.nhs.uk/24-7-helpline) (0808 1963494) offering immediate support for mental health difficulties during the coronavirus pandemic to people of **all** ages, there is a new online service open to support young people between the ages of 11 and 24, called **Kooth**.

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth, students can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for kooth independently at www.kooth.com

To use the service or find out more visit www.Kooth.com

You can also view a short video about the service by following this link: [Kooth Video](#)

Think Ninja is also another mental health app designed for 10-18 year olds which allows young people to learn about mental health and emotional well-being.

Domestic Abuse

Sadly, during lockdown there has been a large increase in the number of reported cases of domestic violence and it is important to realise that even though a child may not have been in the room at the time it doesn't mean that they didn't hear something and are therefore also affected. It is also important to realise that domestic abuse is not only physical but any situation where one person is exerting control and coercing another so this can be financially, psychologically and emotionally as well. It does not always have to be between two adults either, it can occur between a child and a parent, and men can also be victims of domestic abuse. Below are some agencies that can offer support to victims of domestic abuse:

Leeway: 0300 561 0077

Dawn's New Horizons: 07854 044680

National Domestic Abuse Helpline: 0808 2000 247

See, Hear, Respond

See, Hear, Respond is a new service created by Barnardos (<https://www.barnardos.org.uk/see-hear-respond/carer-referral> 0800 157 7015), which will run until October. They will offer support to young people and their families who are struggling to cope with the impact of the Coronavirus. They can offer support in the form of online counselling and therapy, face-to-face support for those most affected, and an online support and information hub amongst other things.

Other Useful Numbers

CADs (the Children's Advice and Duty Line)-03448008020 (If you are concerned about a child's welfare)

or

Early Help-Broadland-01603 217612/ City-01603 224101.

Red Cross: 0808 281 0000

Just One Number : 0300 300 0123

Samaritans: 116 123 free from any phone

Leeway: 0300 561 0077

Young Minds: 020 7089 5050

Childline: 0800 1111

Parentline: 07520 631590

Finally, we know that people often find it difficult for lots of reasons to ask for help but please do not struggle on. Everybody's lives have changed and it is really important to seek support or even just talk to someone. If you need any advice, signposting or are concerned about the welfare of a child, please do not hesitate to contact me, Michelle Margree (safeguarding lead,) at school by ringing 01603 441417 (term time only) or by e-mailing mmargree4nry@nsix.org.uk.