

# Safeguarding Newsletter May 2021

Welcome our latest safeguarding newsletter where we will give you some information on current topics. Even though things are slowly becoming a bit more normal, there are still many children and families who are struggling so if you are concerned about yourselves, your children or anyone else please do get in touch with myself (Michelle Margree) via school so that I can offer a listening ear, advice or signpost you to organisations that can help if need be.

## **Separated Families**

For a whole range of reasons children's parents may separate and this is never easy for children, however hard parents try to make things amicable. [www.separatedfamilies.info](http://www.separatedfamilies.info) is a website which offers information and advice for everyone affected by family separation to help bring better outcomes for children. Within school, we cannot become involved in any disputes among parents around contact as we must remain neutral. However, gingerbread ([www.gingerbread.org.uk](http://www.gingerbread.org.uk)) is a charity which helps single parents with a whole range of things including accessing financial support, arranging childcare and making contact arrangements.

## **Online Safety**

Online safety continues to be of paramount importance, particularly at the moment where children are still spending a lot of time online. One of our parents has kindly forwarded us the following link: <https://www.safetydetectives.com/blog/parents-guide-for-safe-youtube-and-internet-streaming-for-kids/> which is a parent's guide to youtube and internet streaming for kids and is well worth looking at. Another resource which parents might find useful is <https://www.carlyryanfoundation.com/resources/fact-sheets> which has fact sheets about lots of different apps with guidance on how to block unwanted activity as well.

Although the internet has many positives, it is also important to realise the dangers it can pose to young people. Cyber choices is a programme run by the National Crime Agency which raises awareness of cyber crime amongst young people-the average age of someone being arrested for hacking is 17, although the hacker will have started a lot younger. Many young people get involved in cyber crime for fun without realising the long term impact it can have on their lives.

Cyber crime can be split into two categories: cyber dependant crime and cyber enabled crime. Cyber dependant crime is crime which can only be committed using technology. This includes hacking, making viruses and carrying out DDoS attacks (an attempt to make a computer or network service unavailable by overwhelming it with internet traffic from different sources). Worryingly, gaming can be a

pathway to cyber crime and in fact there are online tutorials readily available which show people how to hack systems. Cyber enabled crime can be committed offline as well as online, e.g. fraud. Most people do not realise that for using someone else's password without their permission to access their account they can receive a prison sentence of 2 years. We are currently in the process of trying to arrange a Cyber choices workshop for our older children in school.

Furthermore, there have been several incidents linked to Tik Tok in school recently. We therefore thought it important to remind you that Tik Tok is aimed at children aged 13 and over and therefore lots of its content may not be appropriate for primary age children. Nevertheless, TikTok do have a family pairing mode which means parents can pair their own personal account with that of their child. This enables parents to manage a child's account, setting it to private, disabling comments and switching off the search content.

Other services associated with online safety which you may find useful are:

- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online including [online safety at home packs](#)
- [UK Safer Internet Centre](#) - advice for parents and carers

## **Harmful Sexual Behaviour**

Following a recent Ofsted review of safeguarding in state and independent schools a new NSPCC helpline commissioned by the DfE is now live and will provide children and adults who are victims of sexual abuse in schools with appropriate support and advice.

The Report Abuse in Education helpline can be reached on 0800 136 663, on Monday to Friday 8am - 10pm, or 9am - 6pm at weekends. It can also be contacted by email at [help@nspcc.org.uk](mailto:help@nspcc.org.uk). There is also further information, resources and support available to parents, carers and family members in the form of The Harmful Sexual Behaviour Toolkit ([https://www.stopitnow.org.uk/wp-content/uploads/2020/10/Stop\\_It\\_Now\\_harmful\\_sexual\\_behaviour\\_prevention\\_toolkit\\_Oct\\_2020.pdf](https://www.stopitnow.org.uk/wp-content/uploads/2020/10/Stop_It_Now_harmful_sexual_behaviour_prevention_toolkit_Oct_2020.pdf)) developed by the Lucy Faithfull Foundation in 2020.

## **Financial Support**

**The Norfolk Assistance Scheme** is still offering financial support by way of food, emergency cash or white goods to those in need. To find out more visit <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

If you are unsure whether you meet the criteria then ring NAS on 01603 223392 and explain the situation, if they cannot help they will signpost to other support agencies.

Furthermore, there is also now a new Grants Directory compiled by the Citizen's Advice Bureau. The directory covers organisations who provide grants for individuals in need in Norfolk. For more information visit <https://www.ncab.org.uk/grants>.

I also have some information about other grants available so please contact me (Michelle Margree) via the school office if you would like more information.

## **Mental Health**

Mental Health Awareness week is 10-16 May and has the theme of nature this year. Linked to this is a new partnership of organisations who will offer Family Connect projects which will give families the opportunity to get together to experience nature, sport and arts activities, initially in Norwich and Broadland. Family Connect targets families particularly hard hit by the Covid pandemic. For more information please visit <https://familiesconnect551624406.wordpress.com/>

The [Just One Norfolk](#) website is also a valuable resource for young people, parents and carers, offering advice on a range of things including:

- support for resilience, mental health and wellbeing including anxiety, bereavement and sleep issues
- support for pupils with additional and complex health needs
- supporting vulnerable children and keeping children safe

Other useful websites include:

- [MindEd educational resources](#) for adults about children and young people's mental health, which has a section for parents and carers
- the [Every Mind Matters platform](#), from Public Health England, which talks about how to look after your mental health

Following the success of Kooth, an approved app available to children over the age of 11 which offers online emotional and mental health support, Individid (<http://www.weareindividid.com/>) has now been produced for younger children. Individid helps parents understand and support the mental health of young people.

## **Domestic Abuse**

The OPCC have published a survey this week looking to understand victims' experiences of accessing DA victim support services. The survey is for completion by victims and survivors of domestic abuse. The survey authors are particularly keen to hear from the previously unheard and those with protected characteristics. It focuses on DA service provision in general, and not analysing individual services. Further details about the survey can be found in the landing page for the survey. To access this survey please use this link: <https://www.smartsurvey.co.uk/s/NorfolkDAservices/>

Domestic abuse is any incident where there is control or coercion used. This means domestic abuse is not just limited to actual physical harm but also includes controlling someone's finances, who they can and cannot speak to, emotional harm and many more things besides. It is important to know that if you are at immediate risk of harm you can ring 999. If you can't speak or make a sound, listen to the operator's questions then tap the headset. If prompted, press 55. Your call will then be transferred to the police who will know it is an emergency.

There are other organisations who can also offer a range of help:

- Norwich Connect: [www.spurgeons.org/norwichconnect- \(01603 628122\)](http://www.spurgeons.org/norwichconnect-(01603%20628122)) - offer 1:1 support and therapeutic support amongst other things.
- Leeway: [www.leewayssupport.org](http://www.leewayssupport.org) (0300 561 0077) – offer 24 hour telephone support as well as residential services. Leeway also offer a male advice line staffed by specialist male workers 10am to 12pm every Wednesday.
- National Domestic Violence helpline: [www.womensaid.org.uk](http://www.womensaid.org.uk) (0808 2000 247) 24 hour helpline and referrals to emergency housing.
- Respect Men's Advice line: [www.mensadvice.org.uk](http://www.mensadvice.org.uk) (0808 801 0327)-advice and support for **men experiencing domestic violence and abuse.**

## **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**