

*The information below is designed to familiarise you with the most recent safeguarding concerns that are being faced by all schools and 6<sup>th</sup> form colleges. We are committed to safeguarding and promoting the welfare of children and we will continue to provide materials for parents and carers outlining how schools, the Health Service, Police, Social Care and parents can work together to keep children safe. It is key to remember that safeguarding children is everyone's responsibility.*

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)

### **Honest and useful advice for parents and guardians about drugs and alcohol**

You probably can't stop your child from coming into some contact with drugs during their lives, but by staying as informed as possible, you can help them make the right choices when they do.

<https://www.talktofrank.com/get-help/worried-about-a-child>

### **Online grooming offences.....**

New NSPCC figures show that there were 5,161 crimes of sexual communication with a child recorded in the 18 months following April 2017 when this became an offence. With an almost 50% increase in offences recorded in the last six months compared to the same period in the previous year, and a 200% rise in recorded instances of the use of Instagram for this kind of communication over the same time period.

### **The NSPCC provide the following advice for parents**

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/grooming/#.XLtFCubPbS4.email>

### **What parents need to know about 'sextortion'.**

<https://parentinfo.org/article/what-parents-need-to-know-about-the-online-blackmail-known-as-sextortion>



### **Keeping safe online: A guide for people with learning disabilities.**

The Care Management Group and CHANGE have produced an easy to read guide to keeping safe online for people with learning disabilities. This is designed for adults with learning difficulties but is useful to use with children to explain about online safety.

[http://cmg.co.uk/wp-content/uploads/2017/12/Keeping-Safe-Online-Easy-Read-Guide-Email-Version.pdf?mc\\_cid=fc6145a505&mc\\_eid=6b887c1d0a](http://cmg.co.uk/wp-content/uploads/2017/12/Keeping-Safe-Online-Easy-Read-Guide-Email-Version.pdf?mc_cid=fc6145a505&mc_eid=6b887c1d0a)

# New BBC Online Safety Website.

BBC have launched a new website called Own it to support children and teenagers to stay safe online.

<https://www.bbc.com/ownit/about-us/what-is-own-it>

## Screen time

Over the last few months there has been a lot of publicity about screen time. The RCPCH has published guidance on screen time use and the effects of screen time on children and young people. The evidence found that children with higher screen time tend to have:

- a less healthy diet
- a higher energy intake
- more pronounced indicators of obesity
- more depressive symptoms Although, it has been found by some studies that some screen time is better for mental health than none at all.
- Recommendations include:
- avoid screens an hour before the planned bedtime
- families should negotiate screen time limits with their children based upon the needs of an individual child

[https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch\\_screen\\_time\\_guide\\_-\\_final.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf)

## How do I talk to my child about extremism?

Messages of hate can take many forms. Extremist groups use them to recruit young people. Here you will find Q&A and resources to help you protect your child.

Booklet for parents with information about extremism and radicalisation.

<https://educateagainsthate.com/parents/?filter=promotional-materials>

<p><b>educate.against.hate</b></p> <p><b>Parents: Protecting your children from extremism</b></p>	<p><b>1. How do I talk to my child about extremism?</b></p> <p>It's more easy to start a serious conversation with a child. Choose a place your child feels at ease and make it a time when you're unlikely to be interrupted. A good time to raise the subject is when it's relevant, perhaps when you both see something on TV about extremism.</p> <ul style="list-style-type: none"> <li>— Make the conversation relevant</li> <li>— Ask their opinion</li> <li>— Find out how much they know about the subject</li> <li>— Take care to listen</li> <li>— Ask them questions that don't result in a yes or no answer</li> <li>— Let them talk without interrupting</li> <li>— Encourage them to ask questions</li> <li>— Talk about your own views on extremism</li> </ul>	<p><b>2. How can I keep my child safe from extremist content?</b></p> <p>Talk to your child about online safety, explain the dangers and make sure their social media accounts are secure. Invest parental controls so you can monitor what they access.</p> <p>The NSPCC has produced the following suggestions to help keep your child safe.</p> <ul style="list-style-type: none"> <li>— Speak with your child about what they do online</li> <li>— Ask them to show you some of their favourite sites</li> <li>— Show an interest in their online friends</li> <li>— Ask them how they decide who to be friends with</li> <li>— Try to get them to think you online as well</li> <li>— Agree the amount of time they spend online and the sites they visit</li> <li>— Think about installing parental controls on their devices</li> <li>— Raise the issue of inappropriate content and if they've seen any</li> <li>— Make sure they know how to report abuse online</li> </ul>	<p><b>3. What are the online warning signs of radicalisation?</b></p> <p>There is no single route to radicalisation. It can happen over a long period of time or be triggered by a specific incident or news item. The behaviours listed here are intended as a guide to help you identify possible radicalisation.</p> <p><b>Online behaviour</b></p> <ul style="list-style-type: none"> <li>— Accessing extremist online content</li> <li>— Sympathetic to extremist ideologies and groups</li> <li>— Joining or trying to join an extremist organisation</li> <li>— Changing online identity</li> </ul>	<p><b>4. What are the behavioural signs of radicalisation?</b></p> <p>It can be hard to differentiate between normal teenage behaviour and attitudes that indicate your child may have been exposed to radicalising influences. You know your child better than anyone, so trust your instincts if something feels wrong.</p> <p><b>Outward appearance</b></p> <ul style="list-style-type: none"> <li>— Not listening to other points of view</li> <li>— Abusive towards people who are different</li> <li>— Encouraging conspiracy theories</li> <li>— Feeling persecuted</li> <li>— Changing friends and appearance</li> <li>— Converting to a new religion</li> <li>— Being secretive of movements</li> <li>— Increasingly argumentative</li> <li>— Distancing themselves from old friends</li> <li>— No longer doing things they used to enjoy</li> </ul>	
<p><b>5. What should I do if I think my child is being radicalised?</b></p> <p>If you are worried your child is being radicalised you have a number of options. Talking to your child is a good way to gauge if your instincts are correct. If you prefer to share your concerns with someone else first, there are a number of people and organisations you can turn to for advice.</p>	<p><b>6. What can I do to protect my child from extremist influences?</b></p> <p>It's important to talk to your child about extremism and radicalisation, doing your child the best will help them challenge extremist arguments.</p> <p>Being honest with your child and talking to them on a regular basis about extremism and radicalisation is the best way to help keep them safe. Remember your child's safety extends to their online activity too.</p> <p>If you think someone is in immediate danger, or if you see or hear something that may be terrorist-related:</p> <ul style="list-style-type: none"> <li>— call 999</li> <li>— or the confidential Anti-Terrorism Hotline on 0800 789 321</li> </ul>	<p>Extremist groups also use the internet and social media to spread their ideology. Teach your children to understand just because something appears on a website doesn't mean it's factually correct.</p> <ul style="list-style-type: none"> <li>— Talk to your child about staying safe online</li> <li>— Keep an eye on the sites your child is visiting</li> <li>— Use parental controls on browsers, games and social media to filter or monitor what your child can see</li> </ul>	<p><b>7. Is my child vulnerable to radicalisation?</b></p> <p>The process of radicalisation is different for each child but there are some factors which can lead to young people becoming radicalised. Personal vulnerabilities or local factors can make a young person more susceptible to extremist messages.</p> <p><b>Vulnerabilities may include:</b></p> <ul style="list-style-type: none"> <li>— sense of not belonging</li> <li>— behavioural problems</li> <li>— issues at home</li> <li>— lack of self-esteem</li> <li>— criminal activity</li> <li>— being involved with gangs</li> </ul> <p>Children don't need to meet people face-to-face to fall for their extremist beliefs. The internet is increasingly being used by extremist groups to radicalise young people.</p>	<p><b>8. What is Channel?</b></p> <p>Channel is a multi-agency, voluntary programme which identifies people identified as being vulnerable to radicalisation. A referral can come from anyone who is concerned about a person they think is at risk. It is not a criminal conviction and will not affect a person's criminal record.</p> <p>Many types of support are available as part of the Channel programme, addressing educational, vocational, mental health and other vulnerabilities.</p> <p><a href="http://www.gov.uk/government/case-studies/the-channel-programme">www.gov.uk/government/case-studies/the-channel-programme</a></p>	<p><b>Important contacts</b></p> <p>Department for Education counter-extremism helpline: 020 7340 7344</p> <p><a href="https://twitter.com/EducateAgainstHate">@EducateAgainstHate</a></p> <p>Anti-Terrorism Hotline: 0800 789 321</p> <p>Childline: 0800 1111</p> <p>More information and support opportunities can be found at <a href="http://www.educateagainsthate.com">www.educateagainsthate.com</a></p>

## Emotional health, wellbeing and mental health

The Youngminds organisation works every day to improve the emotional health and wellbeing of children and young people in the UK.

It has a brilliant parent's section and a parent helpline →

You are not alone.

Thousands of parents contact us every year and get the help they need.

T: 0808 802 5544  
 E: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
 W: [youngminds.org.uk/parents](http://youngminds.org.uk/parents)



**YOUNGmINDS**

Safeguarding Is Everyone's Responsibility.....It could Happen Here!

**If you want to report anything that is worrying you inside or outside school, you can always contact a member of the Sexey's safeguarding team.**

### SEXEY'S SAFEGUARDING TEAM

*Designated Safeguarding Leads(DSL)    Deputy Designated Safeguarding Leads(DDSL)*



Mrs. Cullen



Mrs. Wilson



Mr. Clackson



Mr. Kiely

*Safeguarding Officers*



Mr. Golden



Mrs. Terry



Mr. Carpenter



Mr. Oats

Alternatively, if you are worried about a child or young person who could be in danger please contact

- Children's Social Care on 0300 123 2224
- by email at [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk)
- or the police

You can contact the police directly by dialling 101 and they will discuss with Children's Social Care what action should be taken. **In an emergency always contact the police by dialling 999.**

If you would like to speak to a social worker outside of office hours, please phone the Emergency Duty Team (EDT) on 0300 123 23 27

**Safeguarding Is Everyone's Responsibility.....It could Happen Here!**