

# SAFEGUARDING NEWSLETTER



Summer 2025

Latest advice for parents and carers



Welcome to the Summer edition of our Newsletter from the Rooks Heath Safeguarding Team. The aim, as always, is to bring you all the latest, relevant help and advice on issues we feel are of importance. With the end of another academic year upon us and the summer holidays ahead, we have gathered a variety of news topics we feel are of importance - from managing screentime usage and the benefits along with parental guidance for dealing with the upcoming exam results days. We would like to wish you all a very happy, safe and restful summer break!

## SCREENTIME DANGERS

With weeks of free time upon us over the summer, young people will be spending more time than they necessarily should do on social media platforms such as TikTok or Snapchat. Spending such a large amount of time on these platforms can lead to several issues, including:



**Addiction and compulsive behaviour:** The design of many social media apps encourages constant engagement and can lead to addictive behaviours, making it difficult for students to disengage.

**Sleep deprivation:** the blue light emitted from screens disrupts sleep patterns. Spending hours on social media, particularly late at night, can severely impact sleep quality and quantity, leading to tiredness in school and difficulty concentrating.

**Mental health concerns:** Excessive social media use has been linked to increased anxiety, depression, and low self-esteem. The curated and often unrealistic portrayals of life on these platforms can create feelings of inadequacy and social comparison.

**Cyberbullying and online harassment:** Social media platforms can unfortunately be a breeding ground for cyberbullying and online harassment, which can have devastating effects on a child's well-being.

**Exposure to inappropriate content:** Despite moderation efforts, children can still be exposed to inappropriate or harmful content on social media platforms.

**Impact on academic performance:** The sheer amount of time spent on social media naturally detracts from time available for schoolwork, homework, and other important activities, negatively impacting academic outcomes.

## SUMMER SCREENTIME STRESS?

With summer holidays upon us once again, this can mean potentially more time spent online and the risk of sextortion is more critical than ever. The National Crime Agency highlights that while this affects people of all ages, males aged 14-18 are particularly vulnerable. It's more vital than ever to understand this threat and how to combat it.



Unfortunately, there are some people online who may try to trick or pressure young people into sending nude images or videos of themselves. This can happen through their favourite social media app, website or platform. Once an offender has a nude image or a video, they will threaten to share it publicly, unless the young person meets a demand, like sending them money (financial 'sextortion') or more nude images. Often, these people won't carry out the threat, but sometimes they do.

### What can you do?

The INEQE video outlines crucial steps for young people who have become victims of Sextortion. This serious financial cybercrime exploits, controlling victims with threats of public humiliation involving intimate images. Learn more by clicking the link: <https://www.youtube.com/sextortion>

Give yourself a head start with knowledge and information to protect the young people in your care this summer by reading the following articles:

[Protection From Sextortion - Ineqe](#)

[Ceopeducation.co.uk/parents/articles/online-blackmail](https://Ceopeducation.co.uk/parents/articles/online-blackmail)

*It's important to remember that a child is never to blame if they have been blackmailed online; the reality is that it could happen to anyone.*

## 'LOOKSMAXXING' – HOW TEEN BOYS SEE THEMSELVES

Imagine being a teenage boy today, scrolling through TikTok or Instagram, and suddenly coming across a barrage of videos with titles like 'Transform Your Jawline in 30 days' or 'How to Looksmaxx Your Face'. These videos promise quick fixes and dramatic enhancements to one's appearance, all under the umbrella of 'self-improvement'.

'Looksmaxxing' is a term used to describe the pursuit of maximising one's physical appearance. It often starts with basic self-care habits, like grooming and working out, but can escalate quickly to include extreme, sometimes risky methods, like cosmetic procedures or do-it-yourself enhancements performed at home.

### The Goal?

To achieve an idealized version of physical beauty  
Often defined by rigid and unrealistic social media  
Standards that teen girls will crave.

For more information click link below:

[Thewhitehatter-rise-of-looksmaxxing](#)



## TOXIC MASCULINITY EXPLAINED

'Toxic masculinity' is a popular term for stereotypically male behaviours that are harmful to men and society as a whole. The recent Netflix show *Adolescence* highlighted the real-life consequences for boys and young men.

### GOOD LOOKS GET LIKES

The term 'toxic masculinity' has been around for far too long. It's the pressure on men to think they need to have a strong physique, hide their emotions, and act in an aggressively dominant way.

It's seen in advertising, pop culture, and now toxic imagery is more accessible to young people through social media. Anyone can post anything and anyone can comment. Young men are constantly confronted by toxic male culture and images of what it is to 'be a man'. Controversial TikTok influencer Andrew Tate has risen to fame through promoting misogynistic ideas. His videos promote 'hypermasculine' traits, such as fast cars, guns, working out and cigar smoking. Even more worrying are his beliefs that women belong in the home and should not drive. These gender stereotypes can influence teenage boys and their outlook on life.

## INCELS – RISE OF AN ONLINE SUBCULTURE

Incel stands for *involuntary celibate*. The incel ideology can be complex, with many different subcultures, but it is generally a group of men who feel they are forced to be celibate due to women denying them sex that they feel is owed to them. It originates from a website that was set up by a woman in the 1990s as a supportive place for people who found it difficult to gain sexual experience. Since then, incel communities have become a place filled with hatred and misogyny, which often champion violence towards women, including in the forms of rape and murder.

Young boys who feel isolated, rejected, and ostracised are particularly vulnerable. They may feel they aren't a part of 'normal' society and the incel community online offers a place to be accepted into a group, with older members of the community often preying on this vulnerability. Incel groups online frequently use memes, slang, and jokes that will appeal to younger audiences, as well as creating a kind of secret language between themselves, emphasising the 'us' against 'them' sense of community.

The world today is a challenging place for young people. For teenage boys, they may be feeling all kinds of emotions, including anger and low confidence, due to hormonal changes or outside factors such as the pressures of social media, difficulties making friends, or struggling in school.

For some, their induction into the world of 'inceldom' may begin innocently enough. They could stumble into it through searching for relationship advice or information about what to do when you are lonely.

Find out further information and guidance here: [ineee.com/2025/06/02/incels/](https://ineee.com/2025/06/02/incels/)



## Masculinity

Understanding masculinity is key to comprehending how it could become negative. Masculinity is a term for qualities or behaviours that people associate with being a boy/man. Being strong and brave are examples of what society traditionally expects from men. **It is important** to note that not all masculinity is toxic. It is ok for boys and men to be strong and brave in healthy ways. However, it becomes an issue when some of these ideas of 'being a man' become more extreme.

## Toxic Masculinity

The phrase toxic masculinity refers to when the ideas of masculinity and 'being a man' become harmful and extreme. People who promote toxic masculinity believe to 'be a man' you must:

- ✳ **Never show any feelings or emotions:** This means being strong all the time, not crying or feeling sad – even if you are.
- ✳ **Be aggressive and tough:** You must always be ready to fight or be in charge, even if it hurts others.
- ✳ **Hide your weaknesses:** You can never ask for support/advice or admit you are wrong – that makes you vulnerable.
- ✳ **Think you are stronger and better than girls or women:** This is disrespectful and untrue.

Recently on social media, the more harmful extremist views of what defines masculinity have increased in popularity.

## Core Messages of Toxic Masculinity

Young men can be influenced into these harmful communities through the promotion of ideals such as:

**Advocating for Dominant Male/Submissive Female Roles** - promoting exaggerated male characteristics like physical strength, focusing on the idea of the 'alpha male'. This is usually paired with the ideal that women are meant to be obedient and submissive to men.

**Men's Rights** - focusing on promoting 'men's rights', framing their content as a 'solution' to the increase of women's rights. This can seem relatable to young men who feel excluded by the equality movement, especially regarding feminism.

**Emotional Engagement** - claiming to empathise with the struggles that young men face such as exclusion, rejection or confusion about society's expectations. They often promise a future of wealth and relationships if their promoted lifestyle is followed. This makes content relatable for vulnerable young people while also giving them hope.

The buzz around Netflix's Adolescence sparks discussions on the impact of negative masculinity portrayals on young people.

The show highlights a growing concern: young males whilst online, are increasingly exposed to harmful, extremist views of what it is to be masculine. To address this, it's crucial to promote healthier models of masculinity, emphasising emotional expression, self-awareness, and helping young men critically engage with, rather than be unquestioningly influenced by online content.

## Signs a Child May Be Affected by Toxic Masculinity

Although valuing masculinity is not always toxic, it is important to be aware of the signs that a child may be influenced by extremist views.

- Withdrawal from friends/family
- Repressing emotions and rejecting support
- Low self-esteem and insecurity
- Speaking negatively about women (e.g., appearance, relationships)
- Excessive time spent on specific websites/apps
- Obsession with physical appearance

## Top Tips for Having Supportive Conversations

Engage in conversations about:

- ✓ **Healthy relationships** and treating girls/women respectfully.
- ✓ **Healthy masculinity**, model emotional expression and self-awareness.
- ✓ **Use parental controls** on social media to monitor screen time and limit harmful content consumed.
- ✓ **Ensure** the young people in your care know who their trusted adults are, that they can confide in if they are anxious about content they find online.
- ✓ **Introduce** positive male role models who embody healthy masculinity.
- ✓ **Educate** the young people in your care about how they can critically evaluate online content.

## Language and Symbols

Discriminatory language and harmful emojis used in extremist online communities play a role in creating a culture that normalises harmful views of masculinity.

- 🔴 **Red pill** - A reference to the film The Matrix. If you are a 'red pill', you are 'waking up' to a 'reality' of the world being against you because women are in charge/only attractive men are successful.
- 🖤 **Black pill** - This refers to accepting the belief that women choose sexual partners based on predetermined genetic features and a man cannot change this.
- 🟢 **The 80 to 20 rule** - The belief that 80% of women are only attracted to 20% of men.
- ☕ **Kidney bean/coffee beans** - Used to call someone or self-identify as an incel (involuntary celibate).
- ♂ **Alphas and Betas** - Alphas are believed to be confident men who are leaders. Betas are believed to be submissive, weak men.



## GAMBIING AWARENESS TRAINING

Ygam are a national charity with a mission to prevent children and young people from experiencing gaming and gambling harms through awareness raising education and research. Following research with organisations, parents and children, they have developed a variety of free awareness training programmes providing parents and carers with information around gaming, gambling and the blurred lines between the two.



For more in-depth information and guidance tips, please visit Ygam's [Parents Hub](https://www.ygam.org/training/parents-carers/). The Hub is designed to provide parents with concise knowledge and resources to safeguard their families.

<https://www.ygam.org/training/parents-carers/>

### WHERE KIDS CAN EAT FREE OR CHEAP THIS SUMMER



#### Asda

Kids eat for £1 daily. No minimum spend

#### Tesco

Kids eat free with a 60p spend until Aug 31st

#### Burger King

Kids eat free (via app)  
From 28 Jul - 31 Aug

#### Pausa cafe Dunelm

Kids eat free with £4 spend after 3pm

#### BILLS

Kids eat free weekdays  
21 Jul-29 Sept

#### Toby Carvery

Kids eat for £1 all weekdays until Aug 29

#### Zizzi

Kids eat free this summer holidays (excluding Saturdays)

#### Morrisons

Kids eat free all day, every day with £5 min spend

#### Yo! Sushi

Kids eat free this summer holidays (excluding Saturdays)

#### Harvester

Kids eat for £1 Mon-Fri via the app



## RESULTS DAYS – WAYS TO EASE THE STRESS

**A-LEVEL – 14th August**

**GCSE – 21st August**

For many young people, the day they receive their exam results is one of celebration that marks the positive transition from one stage of their education to the next. However, for some, this day brings with it feelings of anxiety and potential disappointment.

As a parent or carer, you may be looking ahead to this moment with some trepidation and wonder how best to support your child at this time. Here are some useful tips:

- Stay calm and supportive, regardless of the outcomes. Your reaction will significantly influence how others process their results. Avoid expressing disappointment or making comparisons with other students.
- Listen actively to any concerns and feelings without immediately jumping to solutions. Sometimes they need to process emotions before they're ready to consider the practical next steps.
- Research alternative options together. Help explore different pathways without making them feel like these are "backup" or "lesser" options. Many successful careers begin through non-traditional routes.
- Focus on strengths and achievements beyond academic results. Help keep perspective about overall capabilities and potential.
- Encourage independence in decision-making while offering guidance and support. This is an important opportunity for young people to take ownership of their futures.

[Self-care Leaflet for Results Day \(with QR code\)](#)

Youtube: <https://youtu.be/op5yY6Wu9OA?feature=shared>

## TRANSITION TO SECONDARY SCHOOL

The transition while starting secondary school is a huge milestone, often more challenging than the start of primary education. While your child may shed fewer tears this time, there's a lot more to navigate for both of you. The shift from the nurturing environment of primary school to the more independent world of secondary education can feel overwhelming. However, with the right preparation, you can make this transition smoother.

Here are some advice guides for parents who have a child starting secondary school this year, with tips on the emotional and practical sides of the transition. Going through change can be scary or challenging, but sometimes it's just the small things, like showing interest in your child's hobbies, that can make a difference.

[SecondarySchoolReadyPointersforFamilyTechConversationsflyer](#)

[annafreudsupporting-childrens-transition-to-secondary-school-guidance-for-parents-and/](#)

[Transition to secondary school guide](#)

[youngminds.org.uk/professional/resources/supporting-school-transitions/](https://youngminds.org.uk/professional/resources/supporting-school-transitions/)

# COMPASS ELEVATION – FREE WORKSHOP

Compass Elevation is offering **FREE WORKSHOPS FOR PARENTS/CARERS** focused on how to support children and young people in relation to **SUBSTANCE USE**. The sessions are open to **ALL FAMILIES** – your child does **NOT** need to be actively using substances for you to benefit from the workshop.

The sessions aim to:

- Increase awareness and understanding of substance use among young people.
- Equip parents with tools to have open, honest, and non-judgemental conversations with their children.
- Provide early support strategies and practical advice.

Parents/carers who are interested can simply get in touch with Compass to reserve a spot.

**Please send an email confirming your attendance to the email provided on the leaflet below!**



## SUPPORTING YOUR CHILD:

### A **FREE** 3-PART FAMILY WORKSHOP ON NAVIGATING SUBSTANCE USE

Compass Elevation are providing a safe and supportive space for parents and caregivers to learn how to help their children

#### WORKSHOP HIGHLIGHTS

- **UNDERSTANDING SUBSTANCE USE**  
Learn about common substances, their effects and the signs of misuse.
- **EFFECTIVE COMMUNICATION TECHNIQUES**  
Strategies to foster open, non-judgemental conversations with your child
- **HARM REDUCTION INTERVENTIONS**  
Learn practical strategies to reduce risks, promoting safety and well-being
- **RESOURCES AND REFERRALS**  
Access information on local services and professional resources for ongoing help and guidance

#### WHY ATTEND?

- **Real Support:** Learn from professionals who specialise in youth substance use
- **Peer Interaction:** Share experiences and connect with other parents in similar situations
- **Practical Tools:** Walk away with concrete strategies you can use at home immediately

**RESERVE YOUR SPOT BY GETTING IN TOUCH\***  
NOW TAKING BOOKINGS FOR AUGUST 2025

#### WHEN?

MAY 2025  
7<sup>TH</sup>, 14<sup>TH</sup>, 21<sup>ST</sup>

AUGUST 2025  
6<sup>TH</sup>, 13<sup>TH</sup>, 20<sup>TH</sup>

NOVEMBER 2025  
5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup>

**4pm-6pm**

\*Limited Availability, book ASAP

☎ 02088 047 594 / 07917 261 962

✉ adminharrow@COMPASS-UK.ORG

📍 21 Pinner Road, Harrow, HA1 4ES





## PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods, learning from home was forced to be increased. This meant that young people were spending a lot more time online doing their schoolwork, gaming, and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

### Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

**[In-game chat: a guide for parents and carers](#)**

### Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at **[nude selfies: a parent's guide](#)**.

### More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their **[parents website](#)** and download their **[home activity worksheets](#)** for fun, online safety activities to do with your family.

## Steps you can take to help keep your child safer online

**Have an ongoing conversation:** Continue to talk about the apps, games, and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

For help starting this conversation, read **[having a conversation with your child](#)**.

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble and that you are there to help. For a breakdown of report services, visit:

**[Supporting your child with reporting unwanted content online](#)**

**Make sure they know about NCA CEOP:** Young people can report a concern about grooming or sexual abuse to NCA CEOP at **<https://www.ceop.police.uk/safety-centre/>** and get support from a specialist Child Protection Advisor.



# DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT

## Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

## Urgent and other support available

**shout**  
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

**SAMARITANS**

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support  
Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Crisis Tools**

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources [here](#)

**PAPYRUS**  
MEMBER OF YOURS OUTREACH

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

**childline**

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

**Good Thinking**

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

**THE MIX**  
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

**Beat**  
Eating disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the [Youthline \(under 18's\)](#) 0808 801 0711 or [Studentline](#) 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

**kooth**

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

## SCHOOL COUNSELLOR

Another support service that we have based in school, is our school counsellor, Mrs Geoghegan.

The aim of the service is to provide a confidential Counselling Service for our students with social, emotional, and behavioural concerns to enable them to perform to their potential. This will help to improve attendance and therefore allow students access to the curriculum and improve attainment levels. The service will also provide our students with confidence and resilience which in the long term will improve their life chances.

### SUPPORT BEING OFFERED TO OUR STUDENTS

- 1:1 counselling
- Group Therapy
- Multi Systemic

## SAFER SCHOOLS OFFICER

Our Safer Schools service provides another vital support link for our students, parents and carers. They are contactable via our school email [ContactUs](mailto:ContactUs)

Or they can also be reached on [NWMailbox.schoolsharrow@met.police.uk](mailto:NWMailbox.schoolsharrow@met.police.uk)



[Volunteer Police Cadets](https://vpc.police.uk/)  
<https://vpc.police.uk/>

Nowerhill School Hill George V  
Avenue, Pinner, HA5 5RP

## WELLBEING SUPPORT



Digital Mental Wellbeing website that has various support for young people, parents and carers, employers, and employees.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below for more information.

[Parents and carers | Good Thinking \(good-thinking.uk\)](https://good-thinking.uk/)

### MIND HARROW

Useful directory of subjects that you may require support for

[Mind in Harrow Mental Health Information Directory - Subjects](#)

## CONVERSATION CAFÉ

Welcoming place for residents of Harrow to drop-in for advice and support.

### Opening times:

**Every Tuesday 12pm-3pm** at St Peter's Church, Sumner Road, West Harrow, West Harrow HA1 4BX – For unpaid carers, the people they care for and people with disabilities.

**Every Thursday 11am-2pm** at Greenhill Library, Perceval Square, College Road, Harrow, HA1 1GX

**Every Friday 11am-2pm** at Red Brick Café, 38-40 High St, Harrow HA3 7AE

To find out more information about the Conversation Café call for more information Tel: 020 8863 5611.

### WARM HUBS IN HARROW

Warm Hubs are warm, safe places where residents can expect a friendly and inclusive welcome.

There are various locations around the borough.

[Find your nearest Warm Hub](#)



**Dedicated Helpline**  
**0800 136 663**

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools NSPCC](#)



### [Stop It Now! UK and Ireland](#)

encourages adults to create a society that no longer tolerates the sexual abuse of children.

There is a confidential and anonymous helpline and email service – **0808 1000 900** or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:

[Live chat - Stop It Now](#)

[Stop It Now! Secure email](#)

## **Parents/Carers Learning Programme**

### **Sexual Abuse Learning Programme (Parents Protect)**

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)

**Parents Protect**

Together we can prevent  
child sexual abuse

## **On-Line Grooming**



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

**TALK** to your child about online sexual abuse. Start the conversation – and listen to their concerns.

**AGREE** ground rules about the way you use technology.

**LEARN** about the platforms and apps your child loves.

**KNOW** how to use tools, apps and settings that can help to keep your child safe online.

For further details go to: <https://talk.iwf.org.uk/>



## **USEFUL ON-LINE SAFETY WEBSITES**

**National Online Safety – safety guides on ALL aspects of internet use**

<https://nationalonlinesafety.com/>

**Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.**

<https://www.internetmatters.org/>

## PARENTAL SUPPORT

YOUNG  
MINDS

During these extremely tough times, parents find themselves pulled in many different directions. Concerns about Covid-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Check the help finder here:

<https://youngminds.org.uk/supporting-parents/>

## CHILDNET – SEND CHILDREN

There are relatively few resources to help children with Special Educational Needs and Disabilities. Childnet has created a set of free, adaptable resources that cover the important topics of healthy relationships, digital wellbeing and online pornography and are designed to equip and enable parents and carers, to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND).

[Parents and Carers Toolkit](#) | [Childnet](#)

## PARENTING SMART (Place2Be)

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics inc:

***Understanding sibling rivalry***

***My child is lying, what does it mean, what should I do?***

***My child has trouble going to sleep***

***My child says, 'I hate you!'***

***Cultural identity: who am I?***



The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>

## HelpHarrow

### Help Harrow Digital Product

Help Harrow is being delivered in partnership with Harrow Council. It is a self-referral system for all ages, targeting acute needs in specific social areas in Harrow.

### Help Harrow Key Points:

- A portal as a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- Currently offers support for food poverty, advice/information in all areas of life, as well as mental health/emotional support.
- A 'Single Point of Contact' referral system.
- Referrals can be made directly by the person in need or via an Access Point.

### Key Benefits to Helpharrow.org Users:

- A virtual One stop shop" to organisations and services in the Harrow.
- A choice of relevant organisations listed to support the user's needs.
- Process to start engagement with a person in need within 2 working days of referral received.
- Key organisations in the system including but not limited to Citizen Advice Bureau, MIND, Age Concern and Harrow Carers.

### Who is Help Harrow for?

- Local Harrow residents for self-referral
- Households affected by Covid-19
- All ages
- Organisations

Please click <https://helpharrow.org/>

## EAL RESOURCES FOR ONLINE SAFETY

Leaflets available in other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

- |           |              |
|-----------|--------------|
| • Arabic  | • Punjabi    |
| • Bengali | • Somali     |
| • English | • Spanish    |
| • Farsi   | • Turkish    |
| • French  | • Urdu       |
| • Hindi   | • Vietnamese |
| • Polish  | • Welsh      |





## HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank?  
**THE MOST IMPORTANT STEP IS TO GET A  
FOODBANK VOUCHER.**

To provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, and some local charities.

### To Get in Touch

If you [call or email](#) the foodbank they can talk through your situation and put you in touch with the relevant local agency.

[Harrow Foodbank | Helping Local People in Crisis](#)

## SAFEGUARDING TEAM

The Rooks Heath School Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent, or school staff member to discuss and report any safeguarding concerns.

The team consists of the following members:

### Designated Safeguarding Lead -

Ms S Rockell

### Deputy Designated Safeguarding Leads –

Ms V Cobblah-West

Miss L Dale

### Safeguarding Team -

Ms H Pugh

### School Counsellor

Mrs Lara Geoghegan

If you wish to report a concern to us, please use the link here [Raising a concern](#)



### Online Counselling

### Service for 11–25-year-olds in Harrow

As part of Mental Health services for young people in Harrow, the service complements their existing early intervention, Harrow Horizons.

It is a free online counselling and emotional well-being support service providing young people in Harrow, aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

## ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!

Share the HOPE  
Save a life

HOPELINEUK

0800 068 41 41 07860 039 967 pat@papyrus-uk.org

EMERGENCY  
APPEAL



ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Online here



Harrow Children's Services [click here](#)

**020 8901 2690**