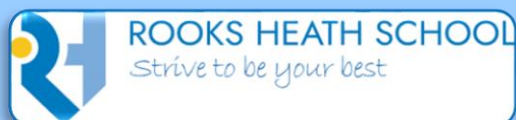


SAFEGUARDING NEWSLETTER



Autumn 2021 – Issue 2

Latest advice for Parents and Carers



Welcome to the second, Autumn edition of Newsletter from the Rooks Heath Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

With the first half of the Autumn term already completed, we hope that you had a nice half term and that your children are ready and focused for the coming weeks. This second issue highlights two fantastic new services we have available, offering extra support to students, together with more safety alerts to keep you one step ahead – **KNOWLEDGE IS POWER!**

INTRODUCING OUR NEW SCHOOL COUNSELLOR

We are very pleased to announce the fantastic news that we now have a Counsellor based within the school. Mrs Geoghegan has a great deal of experience of working with children and young people from primary and secondary schools presenting with a variety of needs. She has worked in the local area, so has a greater understanding of our specific demographics.



Aims of the Counselling Service

The aim is to provide a confidential Counselling Service for our pupils with social, emotional 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 WOULD BE

- 1:1 counselling
- Group Therapy
- Multi Systemic Therapy

For further information please see the Rooks Heath School website

The one-to-one sessions are particularly required because of the impact of cuts in CAMHS. Group therapy represents a particularly efficient use of resources. Multi Systemic Therapy would be particularly suited to our students because of the diversity of our students/parents and their needs. A further benefit is that CAMHS liaise with school regarding students who are stepping down from their service. In the absence of support from counselling in school, our students would be disadvantaged because we would be unable to offer follow up support.

SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



Another fantastic new service we have to offer, is Our Safer Schools officer will be facilitating Drop-in sessions weekly on Thursdays between 9.30am and 12.30pm.

This service provides another vital support link for our students.

- ❖ The session is a chance for our students to speak to our Safer Schools Officer for any reason including to enquire about Police Cadets or gain information on personal safety.
- ❖ Students have been made aware of this service via their year group assemblies.

Thursdays
9.30am-
12.30pm

ANTI-BULLYING WEEK 2021: 15th to 19th November



Anti-Bullying Week is coordinated in England and Wales by the Anti-Bullying Alliance and takes place from 15 to 19 November 2021, this year it has the theme *One Kind Word*.

We all want children in our care to be happy and safe and it is natural to worry about bullying, particularly if we think our child is vulnerable. The good news is you are not alone!

The Anti-Bullying Alliance works with children, families, and schools to help keep children safe. As parents/ carers, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.

Kidscape, together with the Anti-Bullying Alliance, has written an essential toolkit designed to give you information about bullying, tips on what to do if you're worried about bullying and the tools to help you talk to your children about bullying.

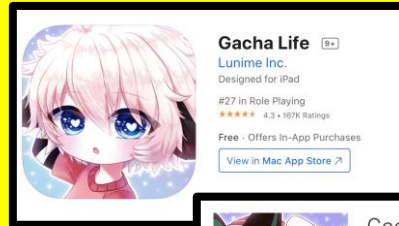


Click below for the parent toolkit

anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers

WHAT IS GACHA LIFE?

Gacha Life is a roleplaying and story board creation game. Users can create storyboard scenes, add text bubbles, props, and backgrounds on Gacha Studio. Gacha life has a rating of 9+ on the Apple App Store and 'E' for Everyone on Google Play.



What are the risks?

The content in 'Gacha Heat' videos presents a risk to children and young people that is not immediately obvious to parents and carers unless they watch the entire video and inspect the narrative.

Themes of 'Gacha Heat' videos include racism, sexism, homophobia, transphobia, child sexual abuse and exploitation, fetish/kink/BDSM/incitement of sexual violence, 'shock core', glorification of suicide, terminal illness, incest (parent/child and sibling) and teacher/student relationships.

These themes can normalise abuse and harmful sexual behaviour among children and adults. 'Gacha Heat' content has been populating the general #Gacha and #GachaStory hashtags on TikTok which exposes children to the inappropriate content without it being sought out.

Top Tips & Advice

- Ensure Google SafeSearch is enabled on your child's devices. It will help filter out any explicit material from initial searches and protect them. Learn how to do this by using the helpful guidance on [Safety Centre](#).
- Use these [Trusted Adult Resources](#) from INEQE Safeguarding Group to teach young people about the importance of seeking help if something worries or upsets them.
- Talk to your children and young people in your care about how they can block and report content or behaviour that upsets or worries them. This [video](#) will guide you in how to have those conversations.

LET'S TALK DISCORD – FACTS AND RISKS



New apps and features are released every day that promise to help keep you easily connected to others. One of the most popular online spaces for children and young people to connect is Discord.

Discord is a free online platform (owned by Amazon) that hosts voice, video, and text chat.

It was founded in 2015 by two friends who wanted a better way for gamers to connect with each other whilst on-line gaming. The global COVID-19 pandemic saw an increase in active users for the platform which now sees Discord calling itself a "space for everyone to find belonging."

Discord's simple design is especially appealing to children and young people. However, this creates a prime environment for someone with harmful intentions to easily build rapport with a young person based on similar interests. Risks can include sexual exploitation, inappropriate or illegal content, lack of privacy settings and harsh or inappropriate language and bullying.

See link below for guidance and advice

[The World According to Discord: Your Guide to the Online Chat Platform - Ineqe Safeguarding Group](#)

FURRY FANDOM – EXPLAINED!!

What are Furrries?

Furrries are people who have an active interest in animal characters with human characteristics. These characters are often created by the community members themselves, who take them on as a “fursona” (an alternate persona) who interacts with other ‘fursonas’ in the community via role-playing and art.



Disability, Autism and the Furry Community

A significant aspect found within the Furry Fandom is the appeal it has to people with disabilities and people on the autism spectrum. 10-15% of Furrries have been diagnosed or self-identify as being on the autism spectrum. A further percentage identify as being disabled in some capacity.

What are the Risks?

The Furry community is founded on building confidence and respecting the creative choices and expressions of its members. However, as this group is spread across multiple forums and platforms with little to no moderation, it carries risks for vulnerable children and young people.

- The idea of the ‘fursona’ can blur the line between real-life and created reality. This might encourage a vulnerable person to engage in risk-taking activity they wouldn’t normally do.
- Part of taking on a fursona is adopting a subjective age. This means that someone can project themselves to be a younger or older age than they really are. This magnifies the very real danger of interacting with strangers over the internet.
- Even if interactions begin on a moderated online forum, the conversations could be encouraged to move to more ‘personal’ platforms (eg: WhatsApp, Facebook Messenger) or in-person events (eg: Furry Conventions). Therefore, making it more difficult to ensure children and young people are not being exploited or pressured by other members of the community, especially if they have a vulnerability.

What can you do?

If a child or young person in your care begins to show an interest in joining any community, be it online or off, how you approach and handle any related conversations is crucial.

- Engage in conversation about what it means to be a furry and the benefits of the furry community. Outline what sort of behaviour is appropriate and respectful, online or offline.
- Familiarise yourself with the different forums and terms used by the furry community to ensure you know what you’re discussing.
- Approach the interest with no judgement. Ask open-ended questions about the content your child finds most engaging. It is important to remain understanding, even if you cannot understand why something has caught your child’s interest.

For further tips and advice click following link
[Let’s Talk About Furrries - Ineqe Safeguarding Group](#)



PARENTING SMART (Place2Be) – NEW WEBSITE ANNOUNCED

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they can find themselves in with their children. Advice can be found on over forty topics including:

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/>



WHAT'S UP WITH WHATSAPP



End-to-End Encryption

The latest feature is for your eyes only! The platform now offers users end-to-end encryption on all versions of their chats – even the backups. WhatsApp have been known for encrypting the messages on the App, but not the message history saved onto iCloud or Google Drive. This meant that if the government or police wanted access to your saved messages, Apple or Google could release them. Users can now protect their backups via password protection or a 64-digit encryption code that only they will have access to.

What are the risks?

While this change seems beneficial, it only makes WhatsApp a more desirable platform for abuse and grooming to take place as users gain more control over their privacy. It is more difficult for investigators to access potential evidence if there is an incident.

For further updates including Phone-Free Messaging, tips and advice please click link [What's Up with WhatsApp - Ineqe Safeguarding Group](#)

NEW APPLE IOS 15 UPDATE



Apple has recently launched a new operating system for iPhone and iPad. The latest update comes after a serious security breach that would have left targeted individuals at risk.

Online safety company, Ineqe, has looked closely at the new iOS 15 and has found that the new features could leave children vulnerable. Apple's video call software, FaceTime, now has the ability to link with web browsers on Windows and Android. This new shareability could put children at risk of anonymous video calls.

Guided Access, however, can negate the threat of accidental tinkering. This valuable feature keeps children on a specific app and away from anything they shouldn't see. Many parents and carers, however, either haven't heard of Guided Access or don't know how to use it.

See link for further advice

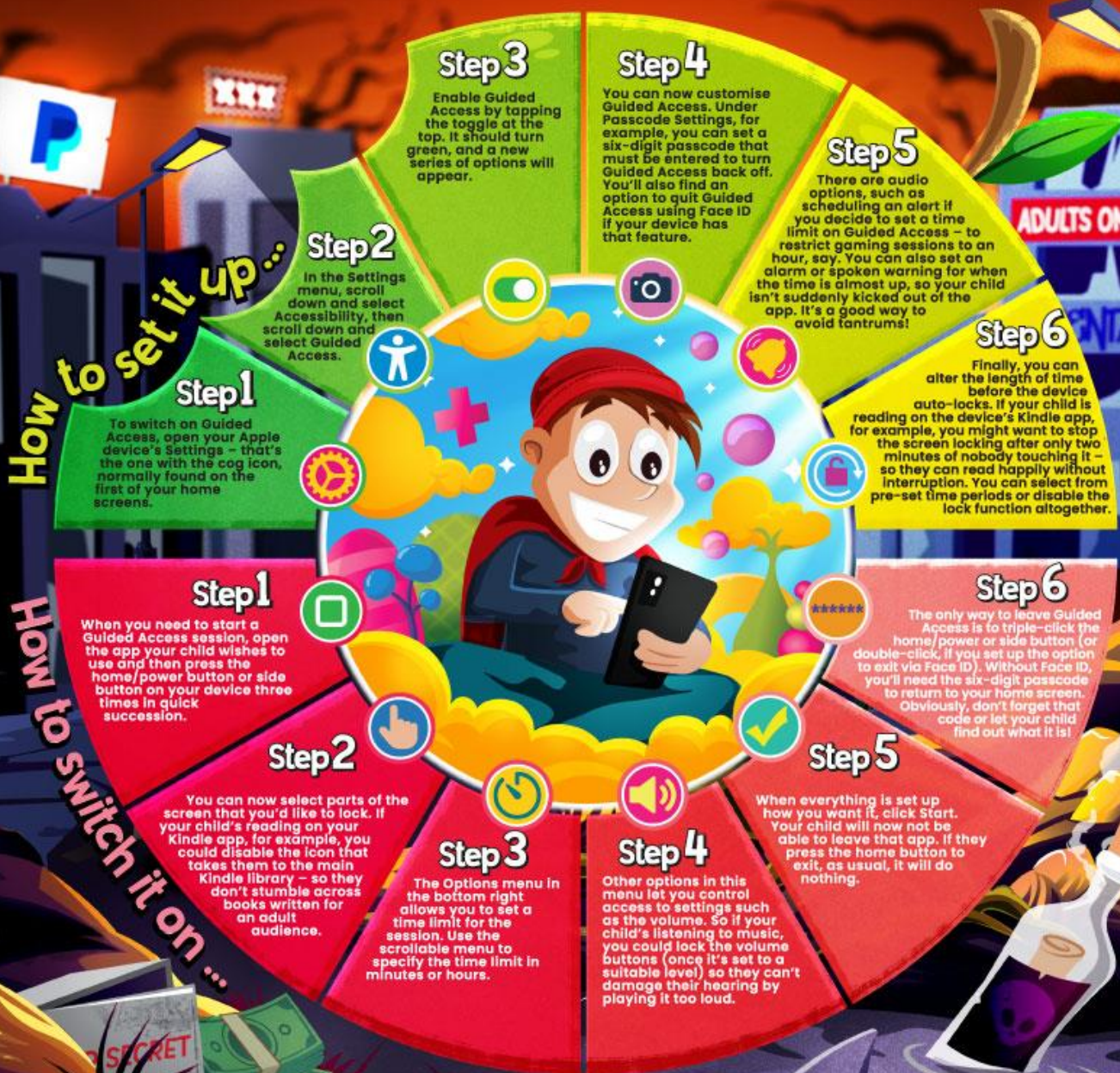
[National Online Safety](#)

To read more about the iOS 15 update, go to: <https://ineqe.com/2021/10/08/ios-15/>

What Parents and Carers Need to Know about APPLE GUIDED ACCESS

iPhones and iPads don't offer separate user accounts. So when you hand your Apple device to a child to play a game or watch a video, you're also handing them access to your email, the web, messaging and numerous other apps through which they could accidentally do something regrettable.

Apple Guided Access solves this potential problem by letting you restrict the iPhone or iPad to one particular app whenever your child uses the device. If they try and leave that app, they will be asked for a password or Face ID, meaning they can't access anything they shouldn't elsewhere on the device. Here, we show you how to find and set up the Guided Access feature, so you can confidently let your child borrow your iPhone or iPad.



Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



NOS National Online Safety®
#WakeUpWednesday

SOURCES: <https://support.apple.com/en-gb/HT202812>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.10.2021



PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods over the last 18 months, learning from home was forced to be increased. This meant that young people were spending a lot more time on-line 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 at 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

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

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

[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](#)

Urgent and other support available

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

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

Beat

[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

NSPCC 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 & Ireland
Together we can prevent child sexual abuse

[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
- Be ware 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/>

EAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

Leaflets available in other languages here

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

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

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). Find the help finder here:

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

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 and emotional wellbeing 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 on link for more details

<https://helpharrow.org/>

SCHOOL SOCIAL WORKER

Parents, are you worried about: Your child's behaviour, finances and putting food on the table, employment, housing, your own mental health or relationship difficulties and want to talk about these?

Students, are you worried about: Your mental health, food, arguments or fights at home, covid-19, or do you have worries about your brother or sister or friend?

I will be holding drop-ins over the Telephone on the days and times listed below:

Mondays 2-4pm

Thursdays 10am-12noon



Please email: Evangeline.phillips@harrow.gov.uk to arrange a call back. If these times don't work for you, we can find another time.
Look out for my presentation in virtual assemblies soon!



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](#)

LEARN HARROW

If you are struggling with Home Learning and supporting your children during this current Lockdown, Learn Harrow, promoted by Harrow Council, provides a wide choice of learning opportunities for all ages and abilities across the borough in partnership with various providers.

They have created a google form for parents to tell them what they are interested in:

<https://docs.google.com/forms/d/1pfXbm0GNJh1Xq3bQqjs8oSfBo3z3v23gZdfVSPk8whg/edit>

They are running various different courses for secondary school parents to attend such as:

- How to use learning platforms such as Google, Zoom and Teams
- Awareness of teenage mental health and how to approach this with your own child
- How to monitor children on the internet
- How to motivate their children to do work
- ESOL
- Functional Skills Maths/English/ICT



*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.

SAFEGUARDING TEAM

The Rooks Heath College Safeguarding Team have 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 Members are as follows:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West, Miss L Dale and Mrs L Geoghegan

School Social Worker

Ms Evie Philips

Are all your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details.

**Useful contacts to report a concern
If you are worried and need help, then please
contact one of the following:**

For children click here



Online here



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

020 8901 2690

Share the HOPE
Save a life

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

EMERGENCY
APPEAL

