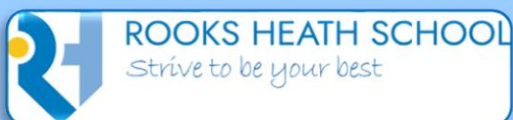


SAFEGUARDING NEWSLETTER



Summer 2023 – Issue 5

Latest advice for parents and carers



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

In this issue, we talk about the worrying rise in youth vaping that is taking a grip in the UK, along with latest viral challenges to be aware of together with reminders of age restrictions for social media apps and gaming platforms.

We hope that you all have a restful, safe and enjoyable half term break!

YOUTH VAPING - THE RISING TREND

Vaping appears to be everywhere nowadays. It seems you can't walk anywhere without seeing colourful advertising or catching a sickly-sweet smell in the air. While vapes (e-cigarettes) are meant to be used as a 'quit-tool' for smokers rather than a new method for non-smokers, one trend has been slowly on the rise in the last few years – youth vaping.

Ineqe have received reports across their Safer Schools community that children as young as 8 years old have been found vaping at schools across the UK. It also follows concerns from healthcare officials that youth vaping is gradually on the rise in the UK, despite selling vapes to under 18s is illegal. Online safety experts have taken a more in depth look at youth vaping and you can find more information on the potential risks and helpful tips that will help you to better understand the issue and how it might impact the young people in your care.

Vaping Fast Facts

- Vapes come in many shapes and sizes. Some might look like everyday items such as pens or flash drives or even hoody drawstrings!
- These 'e-cigarettes' use a heated metal coil within a covering to create inhalable vapour from a liquid form of nicotine called 'e-liquid'.
- E-liquid ('e-juice' or 'vape juice') is a formula composed of nicotine and other chemical ingredients.
- The UK government has recently called for evidence into youth vaping.



Red flags

Vaping can be a lot more discrete than smoking, and may be happening without a parent, carer, or teacher noticing it. There are various signs to be aware of with youth vaping, such as:

- An unexplained cough, wheeze, or shortness of breath.
- Empty disposable vapes, plastic cartridges, containers, or bottles.
- Irritable behaviour if unable to go outside or have a break.
- Sudden mood swings, frustrations, paranoia, or anxiety.
- Lingering scents that are fruity or sweet smelling.



WARNING - TREND ON TIKTOK 'PAIN IS AN ILLUSION'



We want to make you aware of a new TikTok trend that is currently circulating on the social media app. It is called 'Pain is an Illusion' – the trend encourages people to punch walls and doors which may cause injuries to participants. The idea is that you inflict pain upon yourself by punching hard surfaces, the aim being that you show no sign of pain!

How safe is TikTok?



Using any social network can be risky, but it's possible for young people to safely use the app with adult supervision (and a private account). TikTok has different rules for different ages:

- Users the underage of 13 can't post videos or comment, and content is curated for a younger audience.
- For age 13 to 15, accounts are private by default. Only friends can comment on videos, and other users can't duet with your videos.
- Only users aged 16 and over can livestream and use direct messaging, and only users over 18 can buy, send, or receive virtual gifts.

In March 2023, TikTok announced a time limit of 60 minutes/day on users under 18, requiring a password to be entered for further access to the platform.

What you can do

- Use the platform yourself to get an idea of how it works.
- If a child in your care uses the platform, try using it together and have an open conversation about the content you see.
- Talk to young people about what they can do if they see anything distressing online.
- Use TikTok's safety features to limit the way a young person interacts with the app.

TikTok also offers some tools for parents and caregivers to further limit how much time kids spend on the app and what they can see. Parents and caregivers can also use **Restricted Mode** to reduce mature content, or Family Safety Mode to pair their account with their kid's account to control settings completely.

See inege.com/tiktok for further advice



AGE RESTRICTION GUIDANCE

With the ever-increasing number of social media apps available and trending, it is important to remember that they DO HAVE AGE RESTRICTIONS!

As a parent/carer, it is your responsibility to be aware of the current age restrictions in place on the apps that your children are using. In school we are finding an increasing amount of time is spent dealing with social media issues that are happening out of school hours. Issues such as online bullying within group chats or inappropriate pictures being sent/shared with the sole aim of causing hurt. A reminder that the age restriction for apps such as Snapchat, WhatsApp and TikTok is age 13+, yet we are dealing with issues from yr 7 and upwards. We ask that you are vigilant and continuously monitor your child's social media use and also the amount of screentime.

Please see guides showing the current age restrictions for all the popular social media apps and gaming trends – **Remember, there is an age restriction for a reason!**

YOUR SUMMER GUIDE TO POPULAR PLATFORMS

AN ONLINE SAFETY SHAREABLE



Messenger

An instant messaging app developed by Meta, popular for group chats, sharing images and videos. This app is also popular for playing games with friends. Can allow young people to connect with strangers, receive message requests from strangers and video call.

16+



Yubo

A live-streaming platform designed to help users "meet new people" from all around the world. There have been multiple reports of young people being harassed into sending sexualised or nude images and videos.

17+



WhatsApp

A popular messaging platform which allows group chats, video and audio calls. WhatsApp users have been subject to scams and malware spreading through the platform.

16+



Reddit

A platform which allows interactions through communities and discussion forums based on particular interests. There are no age verification systems for NSFW channels and can be easily bypassed to view inappropriate content. (NSFW forums are 18+)

13+



Kik

A mobile messaging app which allows one-to-one chatting, group chats and anonymous chats. Since Kik allows chatting with random strangers, it leaves children open to exploitation and grooming. Once messages are deleted, they cannot be retrieved.

16+



Telegram

A cross-platform messaging app which allows communication between individuals, small and large groups of up to 200,000 people. The ability to connect with others in the area may lead to young people to disclose locations and personal details that could lead to grooming or harassment in-person.

16+



Discord

An instant messaging social platform, in which people enter 'servers' so they are part of a group – commonly used for gaming communities. Some servers are NSFW (Not safe for work – often meaning inappropriate/adult content) and may have content age-inappropriate for younger users.

13+



Snapchat

A popular image sharing and messaging app that lets users exchange pictures and videos (snaps), with photo effects and filters, which disappear after a period of time. The 'disappearing snap' feature of Snapchat can lure young people into a false sense of security, and they may send images they would not normally send.

13+



Instagram

An image and video sharing app. Users can share content that followers can interact with by viewing, liking and commenting. Instagram may push a narrative of a 'perfect world' to young people, and they may feel pressured to post perfect, polished images of themselves.

13+



YouTube

A popular video sharing and social media platform. Videos can be commented on, liked and shared. Cyberbullying can occur through YouTube comments and age-inappropriate content may slip through moderation strategies deployed.

18+



TikTok

A free video sharing app which allows users to capture short video clips, share them and watch other user's videos or live streams. Age-inappropriate content which can be accessed through public feeds, especially any live streams. This may be unsuitable for young people and can be the origin of bullying trends.

13+



BeReal

A once-a-day photo sharing app – Users are given a 2-minute window to share a photo of themselves and their surroundings to their friends. If young people accept contacts they don't know, it is easy to build up a picture of routines in daily life, for example, school uniforms, bus stops and regular locations.

13+



Twitch

Twitch is a live streaming video platform which allows creators to broadcast and users to watch content, usually about games, including eSports. Twitch streams are often live and are therefore difficult to moderate.

13+



Streaming services which often involve paid subscriptions which offers a variety of TV shows, movies, gaming streams and more. Netflix shows such as 'Squid Game' and '13 Reasons Why' went viral and attracted the attention of young people, despite not being appropriate for under 18s. Parental controls which restrict access to age-inappropriate content e.g. profile PIN codes.

13+

16+

18+



Vault Apps (Decoys)

Apps which allow users to secretly hide photos, videos and files behind the premise of another app, for example a calculator which can only be accessed through a numeric pin code. Can become dangerous 'stash' of youth produced sexual imagery.

17+

ineqe

SAFEGUARDING GROUP oursaferschools.co.uk

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Messaging and Community Platforms

Image and Video Sharing Platforms

Streaming Platforms

Vault Apps

YOUR SUMMER GUIDE TO POPULAR GAMES



Rocket League

3

A videogame that bridges the gap between car racing, sport matches, and gladiator fights. Put simply, it's rocket-powered cars playing an intense game of football. Rocket League has a reputation for being a toxic environment for gamers with reports of offensive and inappropriate language filling text chats.



Fifa

3

A football simulation video game where gamers can choose to play as their favourite real-life footballers in their favourite real-life teams. FIFA is readily played by adults of all ages, meaning it would not be uncommon for a young person to interact with someone older.



Minecraft

7

An adventure game which allows players to explore and create worlds using building blocks to customise their worlds. Children and young people may experience addiction to the game due to its engaging nature.



Roblox

7

An online gaming and game creation platform. Users can play and create games for others to play. It also includes social features such as friend requests and chats where players can design an avatar and speak to others while they play. Roblox has previously faced criticism following harmful sexualised content being prevalent on the platform.



Among Us

7

An online multiplayer game which revolves around players attempting to figure out who is a friend and who is an enemy. Crewmates try to complete tasks while the imposter aims to sabotage the mission and kill them without being found out. Risk of talking to strangers through the chat feature however there is a chat-censor feature which can be turned on to prevent this.



Poppy Playtime

12

A horror game that involves an investigation of a mystery in an abandoned toy factory. You solve puzzles to survive the "vengeful toys" left behind including 'Huggy Wuggy'. Horror games containing frightening content can cause added anxiety and stress to young people, intrusive thoughts and new fears.



Fortnite

12

An online multiplayer "shooter style" game meaning players battle it out against opponents with multiple weapon styles. It allows players to create and personalise their own game components. Persuasive design features of the game can keep children hooked, encouraging them to spend in-game currency and add to their screen time.



Overwatch

12

A team-based game starring a cast of powerful heroes. Players can travel the world and build teams together. Overwatch has been included in eSports competitions and has scenes of blood, tobacco use and violence.



League of Legends

12

A team-based strategy game where two teams of five champions face off to destroy the other's base. Children may be exposed to bad language, hate speech, insults, and sexual language.



Apex Legends

16

A free-to-play shooter type game with the objective of being the last team standing by collecting loot and fighting enemy squads. It includes some violence and players may talk to others through voice and text chat.



Elden Ring

16

An action role-playing game in a world of different characters. You can explore the world, grow in strength and fight or ally those you meet. It features strong violence involving both human and fantasy characters, which can be deemed age-inappropriate for younger players.



Grand Theft Auto

18

An action-adventure game in which players complete missions to progress through the story. Children will be subjected to profanity, violence, sex, crime and other mature themes.



Call of Duty

18

A series of first person shooter games including 'Modern Warfare', 'Black Ops', 'Vanguard' and 'Warzone'. Involves live user interaction – squads can be made up of friends or players from all over the world.



Horizon Worlds

18+

A virtual social space which consists of a catalogue of virtual experiences through the Metaverse. There have been several reported incidents of users experiencing sexual harassment while using the platform.



Avakin Life

18+

A virtual 3D gaming world where users create their own character by choosing outfits and interacting with others at different in-game locations. Users can easily access children and young people online via private and public chats.

OMEGLE GUIDANCE



WHAT IS OMEGLE?

Omegle is one of the more popular video chat sites available online. It pairs random users identified as 'You' and 'Stranger' to chat online via 'Text', 'Video' or both. A user can choose to add their interests, and Omegle will try to pair a user with someone who has similar interests. If not, you could meet anyone. Chats are anonymous unless the user states who they are. It has been around for about 15 years and has been a concern for experts trying to protect children. It's free, and no account sign up or registration is required. This has the risk of allowing under-18's to easily use the platform, without needing parental assistance, money or even an email address.

Like most social media sites Omegle has a minimum age rating of 13 years with parental permission, users must be over 18 years old without parental permission. It is extremely popular among children and young people because a lot of social media influencers use and post about it. For example, the #omegle hashtag has approximately 5 billion views on TikTok.

There are no parental controls - according to Omegle, they monitor conversations, but despite stating 'video is monitored, keep it clean', children and young people visiting this section are likely to encounter numerous other users engaging in sexually explicit chat and activity putting them at risk.

For further advice:

Internet Matters: <https://www.internetmatters.org/hub/news-blogs/what-is-omegle-what-parents-need-to-know/>

Childline: <https://www.childnet.com/blog/what-is-omegle-key-things-parents-and-carers-need-to-know/>

EXAM SEASON STRESS – TIPS TO HELP



Exams are a stressful time for any young person. Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour. It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.

Support for parents and carers

Exam time can be stressful for all the family. If parents and carers are concerned about how their child is coping with exams, or worried about their wellbeing please see link for further advice:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exams>

YoungMinds also have parent helpline and webchat that is available weekdays 9.30am-4pm to provide detailed advice, emotional support and signposting about a child or young person up to the age of 25. To find out more

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/exams>

Exam Stress

5 Tips To Thrive This Exam Season

Do you recall the stress of exam season when you were at school? Hours of studying, sleepless nights and then the big day arrives; you find your place in the exam hall, turn over the page and try desperately not to crumble under the pressure.

For young people today, exam stress is no different – although it could be speculated that, if anything, it's worse. The pressures of social media, the impact on mental health from the pandemic and lockdowns and the interruptions to their education from the same, may all have their part to play in why increasing numbers of children and young people are turning to organisations like Childline for help with exam anxiety.

Good vs Bad Stress?

Some people will experience good stress that motivates them to revise and work hard, allowing them to perform at a higher standard. This sort of stress can be well within some young people's coping abilities. Bad stress refers to when someone experiences feelings of anxiety, mental suffering, affliction or it has negative implications.

How Can You Help?

1. Talking and Listening.

One of the first factors to consider is choosing your timing - don't pick a time in which they might feel rushed or distracted.

It may feel logical to ask a young person to come sit on the sofa or at the dining room table, but this could create an atmosphere of intensity – or, even worse, like they're in trouble! Instead, try open a conversation when you're in a more casual setting and with perhaps less intense eye contact! For example, when on a walk, out for dinner or in the car.

Ask open questions, i.e., questions that don't have a 'yes' or 'no' answer. Open questions allow space for the person answering to talk, rather than just give a short response that could 'kill' the conversation.

If you can, acknowledge that this might be a difficult time and that you know exams can cause stress and emotional upset.

For Example

I'm sure going through this period of your life with exams and studying must be very stressful – how are you feeling?

I remember being very stressed when I was doing exams and I could have used some extra support – what would you like me to do to support you through this time?

2. Know the Signs and What to Do.

Don't be afraid to seek support for children in your care if they display a number of the following signs that may be indicative of exam stress:

- Inability to sleep, eat and/or socialise.
- Uncontrollable feelings of anxiety, anger, stress and/or worry.
- Panic attacks, self-harm behaviours, and emotional outbursts.

If you are concerned about them, knowing where to turn to next is important – talk to the young person/people you support about organisations that can help, such as Childline.

3. Be Understanding.

Be flexible when it comes to your expectations; chores may have to take a backfoot for a while. If the young person in your care is struggling to cope, they may not have enough emotional 'room' to deal with other issues or situations – they aren't being selfish, their emotional capacity is simply 'full'.

It is important to remind young people to keep exams in perspective – they are short term and will eventually end, meaning the feelings of pressure and stress they have will end too.

4. Use Tech for Good.

Phones, laptops and gaming consoles are a big part of young people's daily lives – but in times of stress, they can become a force for good or for bad.

Look together at apps and websites that could potentially help to minimise their anxiety about exams, such as yoga and mindfulness apps. Understand that their screens may be the escape they require, despite it appearing outwardly unproductive. Connecting through social media, watching Netflix or playing a game may be the 'off-time' they need to keep them balanced and avoiding burn out.

5. Support Healthy Routines.

Alongside healthy screen time routines, it's important to make sure other aspects of a healthy lifestyle are being maintained, such as sleep hygiene, healthy eating habits and exercise.

Ensure your young people are aware of their own boundaries and when they need a break - there are apps available for this purpose. It can assist in ensuring they are revising in manageable amounts; not too much and not too little!

It's thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. Physical activities like exercising, going for a walk or playing with your dog can be the break from school and screens that a young person needs. Exercise has many benefits to our physical and mental health.

The poster features several stylized illustrations of hands in various colors (orange, brown, pink) holding or reaching towards orange hearts. These are scattered around the central text area. There are also small green dots scattered across the background.

HARROW MHST MENTAL HEALTH AWARENESS EVENT

We are looking forward to welcoming you
to the first Harrow MHST Mental health
awareness event!

JUNE

2

ANYTIME
BETWEEN
12 - 4pm

HARROW COLLEGE

Harrow on the Hill
Campus.

Lowlands Road, Harrow,
Middlesex HA1 3AQ

This is a drop-in event for all
students in secondary schools and
colleges across Harrow. Come along
at any time between 12-4 pm to
connect with and learn more about
local organisations in Harrow, whilst
participating in interactive stalls
focusing on your well-being!!

SUPPORT FOR CHILDREN AND FAMILIES

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Holiday Activities and Food programme (HAF) provides healthy food and enriching activities to children and young people, with free places available for those who receive free school meals. It's available during the Summer, Easter, and Christmas school holidays.

School holidays can be a particularly difficult time for some families. This free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends, and eat healthy meals.

For information, please contact your local council. [Find out more here](#)

CHILDCARE OFFERS FOR PARENTS

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

With school holidays upon us, it is more important than ever that parents and carers are able to access the financial support they qualify. You could be entitled to:

- Up to £2,000 a year of Tax-Free Childcare per child
- Help with up to 85% of their childcare costs for children up to 16 with Universal Credit.
- 30 hours of free childcare for 3 and 4 year olds

More information please see below:

childcarechoices.gov.uk

CNWL All Age Single Point of Access (SPA)

The CNWL SPA has expanded its service to include under 18-year olds!

CNWL Single Point of Access is a 24hr telephone service for children, young people and adults who may be experiencing a mental health crisis.

The crisis line provides an opportunity to talk to mental health practitioners who specialise in child, adolescent and adult Mental Health.

The crisis line also provides advice and information for families, carers and professionals concerned about a person who may be experiencing a mental health crisis.

Contact us:

In a mental health emergency, you can contact us via our single number:

Freephone: 0800 023 4650

We are open 24 hours a day, 7 days a week, 365 days a year



**Central and North West London
NHS Foundation Trust**



Please avoid visiting hospital A&E (Accident and Emergency) departments unless you have a physical health emergency. The number above will connect you to an adult mental health or children and adolescent mental health practitioner depending on your needs.

If you are or you are with someone who requires urgent medical attention call 999.

If you or anyone with you is at serious risk of harm, call 999 and ask for the police.

There are also many useful links to local support and resources on our [service](#) and [resources](#) pages. For example [Kooth](#), an on-line, free and confidential counselling and emotional wellbeing support service for children and young people.



Harrow's new mental health partnership for 5–25 year olds

A wide range of FREE new mental health services and resources for young people aged 5–25 is now available in Harrow – from 19 local organisations!

Counselling, workshops, mentoring, art therapy, peer support, training for professionals, and much more!

**Scan the QR code to search or visit:
www.youngharrowfoundation.org/HarrowMHP**



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



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

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>

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

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 YOUNG MIND

[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

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://www.good-thinking.uk/)

MIND HARROW

Useful directory of subjects that you may require support for

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

SCHOOL SOCIAL WORKER



Parents, are you worried about:

child's behaviour, finances and putting 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, 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 2pm-4pm Thursdays 10am-12pm

Please email: Ariz.baig@harrow.gov.uk to arrange a call back. If these times don't work for you, we can find another time.

TRAINEE EMHP

Educational Mental Health Practitioners (EMHPS) are assigned to support children, young people and their families in schools via a range of low intensity, early interventions and by supporting schools to apply a whole school approach to mental wellbeing.

Rooks Heath's trainee EMHPS is Jelin Pishdary, who has been working with us since March 2022.

SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



Another fantastic service we have to offer, Our Safer Schools officer facilitates 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**



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](#)



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



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 has recently expanded and now has the following members:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West, Miss L Dale
Miss C Hanington, Mr T Harman, Miss A Mahmoud and Ms H Pugh

School Counsellor

Mrs Lara Geoghegan

School Social Worker

Mr Ariz Baig

We also currently have 5 trainee Social Workers who are on placement until Easter. They are also offering support to our students.



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



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

020 8901 2690