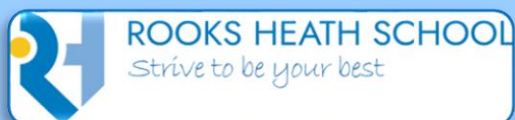


SAFEGUARDING NEWSLETTER



Spring 2023 – Issue 4

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 dangers of the latest online viral challenges, the negative effect that 'influencers' can have on our children and the online platform Discord is explained in detail.

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



EXPLICIT IMAGES TREND ON TIKTOK



What is this new viral challenge?

There is a very worrying new viral challenge circulating on TikTok using variations of the hashtag 'foopah'. This is a play on the phrase 'faux pas' (an embarrassing public act), the trend encourages users to upload 'blink and you'll miss it' nudity. This aims to get around the platform's detection and moderation by being hidden in plain sight. Using screens, mirrors and other reflective surfaces are just some of the ways people have taken part in the challenge.

The content itself ranges from those who are sharing more obvious sexually explicit content to suggestive but subtle imagery of themselves. The trend also creates an allure for young people who are taking to various platforms to 'react' to the challenge or discuss it with others online.

The challenge originated from one TikTok user as a way of promoting her [Only Fans](#) account. Her initial video, which included the subtle flashing of her breasts gathered 2 million views in 24 hours! As with most inappropriate or banned hashtags, different variations in spelling tend to appear as the platform detects and removes it, prompting the creation of another, The #foopah hashtag was viewed more than 7 million times, but has since been removed. It was quickly replaced by #foopa which has now over 30 million views.

Clickbait

The content produced by the challenge ranges from subtle to explicit. Those who choose to engage in a more subtle or less inappropriate way, trivialise the risk presented by sharing explicit content in a public space online.

Thrill-seeking behaviours

The nature of this challenge is that it entices users to find new and creative ways of continuing to get around the platform's ability to detect and filter nudity. This can lead to a sense of achievement for successfully avoiding the platform's detection and moderation.

For more information/safety advice click below

<https://inege.com/2023/02/24/explicit-content-tiktok-trend>



HARMFUL ONLINE CONTENT

We are all to aware of the harmful or abusive behaviours that appear on social media. What can be hard to understand is the presence of popular personalities or influencers who become famous for showing this exact type of behaviour over online platforms. This is even more concerning when children and young people begin to view this harmful online content. There have been reports of children as young as 11 quoting online personality Andrew Tate at school, even resulting in acts of violence towards female peers.

Who is Andrew Tate?

Andrew Tate is an American-British former professional kickboxer turned internet personality. He is a self-described 'success coach' and has a subscription-based online marketing programme called 'Hustler's University' with over 1000,000 subscribers. He has recently hit the headlines adding to his notoriety due to a string of controversial comments and behaviours, such as:

- Claiming mental illness makes people 'weak' and the depression 'isn't real'.
- Promoting gendered violence and misogyny on his podcast and posts about relationships

Despite his social media ban and arrest, incidents involving him in schools have shown a notable increase. This has led to a higher number of referrals being made to Prevent and incidents of verbal harassment of female teachers and pupils. Concerns are also growing about his influence on young men towards misogynistic extremism.

WHY ARE CHILDREN AND YOUNG PEOPLE INTEREST IN THIS BEHAVIOUR?

- **Glamorous lifestyle.** Many of the influencers or personalities appear to be living a luxury lifestyle. They seem successful, inspiring and confident in what they believe in.
- **Fast fame.** The controversial nature of these behaviours seems to automatically propel unknown names into trending hashtags on social media platforms.
- **Isolation and loneliness.** Children and young people who feel isolated, rejected and ostracised are particularly vulnerable to this type of content.
- **Looking for advice.** A topic or insecurity that a young person needs help with could inspire them to begin vulnerably searching for an answer on social media.
- **Keeping up with peers.** Young people may seek out dangerous online personalities such as Andrew Tate to try and appear 'informed' amongst friends or older siblings.

POTENTIAL RISKS

- Replicating or engaging in the behaviour in order to 'fit in' with peers.
- Low self-esteem when comparing themselves to 'successful' personalities.
- Being the victim or perpetrator of cyberbullying.
- Having an emotional reaction to harmful content online.
- Damage to their reputation that could impact relationships and future plans.
- Views and beliefs being negatively influenced or 'nudged' in the wrong direction.

For more advice/information please follow link

<https://inege.com/2023/03/23/harmful-content-online-safety->



Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips For Parents



FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.

DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Part of our Gaming & Gambling Series



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What you need to know about... GAMING STREAMERS & INFLUENCERS



What are they?

'Gaming Streamers & Influencers'

Streamers are people who stream themselves gaming, drawing, making things etc. for people to watch on the internet. Usually this will be done live, and others are able to chat with them in real time while they do so. Influencers are social media stars who hold influence over the people that follow them, like a kind of trend-setter or taste-maker, who companies often pay to promote their products. A streamer could also be considered an influencer in their chosen area.

JADAGAMING

LIVE

Know the Risks

Adult Content

Many streamers use platforms such as Twitch or YouTube to broadcast themselves. YouTube for example, is only for ages 13+ (YouTube kids is for under 13s) and may contain a lot of other adult content. Streamers themselves, may be unsuitable for younger audiences with the kind of content they make, and with many opting to stream live, anything can – and does – happen.

Authenticity Risk

A lot of streamers will have some kind of sponsorship deal in place with a company trying to sell their products to an audience. When the audience is mostly younger viewers, they may not realise that streamers are getting paid to promote a product and may not necessarily have their best interests in mind.

Bullying and hate

While some streamers do employ moderators to try and combat hateful comments or bullying in their comments sections, they can still be very hectic. Hateful language is quite common, and people looking to groom children or engage in online bullying behaviour, could frequent the live chats.

Subscriptions

Streamers also make money through subscriptions on websites like Twitch, where fans will donate them a small amount as little or as often as they like. Called 'bits', they can be bought in bundles of varying prices which can be gifted to streamers via 'cheers'. Children could buy these 'bits' in large amounts without realising what they're doing, leaving a big bill behind.

Safety Tips

Discuss what's real online

Be sure to teach kids the difference between what's real and honest, or fake and untrustworthy online. Photoshopping fake images and videos and bragging about themselves online is unfortunately quite commonplace so it is difficult to tell what is real or fake. People with large followings can be promoting unhealthy or unattainable lifestyles to children to boost their own online influence.

Use Filters

There are filters that can be put in place to block out a lot of adult content on streaming sites. Just make sure you have access to children's accounts so you can set the parameters and keep track of what they're seeing yourself. Usually, parental controls will be located in the settings portion of an account's menu.

Check age settings

Both YouTube and Twitch state that they are not suitable for children under 13 years old, but other sites might be different. YouTube Kids, for example, is for ages 13 and under, and offers much of the same kid-friendly content that YouTube does without the risk of running into something improper.

Affiliate links

Keep an eye out for affiliate links in social media posts and tags like #ad. UK influencers have to follow the CAP Code for advertising standards, but many don't. It can be hard to tell who is working through legitimate channels because it's almost impossible to regulate. Many streamers encourage fans to buy merchandise through online shops and stores.

Action & Support

Name check streamers

If your child has begun showing an interest in a streamer or influencer, check their names on Google. Some popular streamers have been discovered flouting industry regulations and using their young audiences to enhance their personal wealth through scams whilst others may swear on streams or promote drinking, substance abuse or links to gambling sites they operate to their young audiences.

Talk to your child

Initiate an open dialogue with your child about the kind of content they're consuming online. Ask about their favourite streamers and whether they like their personalities or the games they play and the community they have. Also remind them about what they should and shouldn't be sharing about themselves online and that just because social media stars do it, it can also be damaging.

Block and report

If you suspect a streamer might be taking advantage of their audience, or worse grooming children in any way, and have irrefutable evidence, do not hesitate to block and report them. First, block your child from being able to view their content and alert other parents to your concerns. Go immediately to the police or local authorities with the evidence of what you've seen.

Our Expert Mark Foster

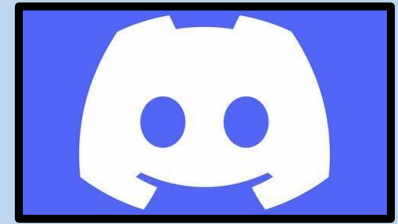


Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

SHOULD YOU LET YOUR CHILD USE DISCORD?

WHAT IS DISCORD?

Discord is an instant messaging and chat platform that allows users to communicate using voice, video or text. It is popular with the gaming community who use it to talk to people during gameplay, and swap tips about different types of games. However, recently it has grown its user base and is now used by others outside the gaming community. It has an age-rating of 13+.



HOW DOES DISCORD WORK?

Users talk to each other on the platform via servers. A server is like a message board, where people can meet and chat to others who have similar interests to them. Each server is focused on a different theme or topic. There are servers dedicated to discussing anything from Fortnite, to food. Any user can create a server and invite people to it.

IS DISCORD SAFE?

- **Your child could come across inappropriate or harmful content.** Some of the servers on Discord are themed around adult topics that might not be suitable for your child. There are also reports of harmful and illegal content being shared on the platform.
- **It puts your child in contact with adults or other young people who might want to cause them harm.** Anyone over the age of 13 can join public servers on Discord. This could put your child at risk of communicating with someone who might not have their best interests at heart and wants to cause them harm.
- **Puts them at risk of experiencing abuse or bullying.** Some people behave differently online to how they would offline. This puts children and young people at an increased risk of being bullied on platforms like Discord.
- **They could be pressured to send money to other users.** here is an option to donate to servers they follow or join paid-only servers on the platform.

TOP TIPS TO HELP KEEP YOUR CHILD SAFE ON DISCORD

Talk to them about who they are talking to

It's important to have regular conversations with your child about who they are talking to online. Discuss what apps they are using and set rules around who they can speak to and when.

Remind them to not share personal information on Discord, even with people they know offline.

Tell them to come to you if they come across inappropriate content

Make sure your child knows they can come to you if they see something inappropriate online. You should also remind them that they can always speak to a [Childline Counsellor](#), or another trusted adult if they'd prefer.

The important thing is that they know there is support there if they need it.

Explore other age-appropriate chat apps

If your child enjoys talking to their friends online, you might also want to explore other chat platforms. For example, ones that have more safety settings or parental controls.

For more information see: nspcc.org.uk/keeping-children-safe/online-safety/discord/

AGE RATING

13+

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

WHAT ARE THE RISKS?

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Coral Cripps is a Canadian-born, London-based tech journalist at gmw3.com: a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations — including the metaverse and Web3 — are impacting people, places and things.



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What Parents & Carers Need to Know about

NGL

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

INFLATED ENGAGEMENT

1K

In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

Advice for Parents & Carers

DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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RAISING AWARENESS OF MALE DOMESTIC VIOLENCE - MANKIND

When we often hear or talk about the effect of violence in the home on children, it is often assumed that we are meaning homes where the male in the home is violent towards the female. Yet the reality is that men too can be affected by domestic violence, and in general are far less likely to come forward for help. The Mankind initiative is a UK organisation, seeking to raise awareness of Female-to-male domestic violence to help more men get out of abuse relationships.

- One in six men will be a victim of domestic abuse in their lifetime
- Domestic Violence and Domestic Abuse are not just about physical abuse – it also includes emotional and psychological, coercive control and isolating people.

Most men do not believe or feel they are a victim until sometimes after they no longer have control of their life and have become isolated. Men also need to remember that they are not to blame and that they are not weak or alone. There is help available and you (and your children) can escape. Please see link mankind.org.uk



GROOMING – VICTIM SUPPORT

Understanding Grooming

Like bullying, grooming has become a part of our society over the years. In the past this occurred face-to-face, through the manipulation of underaged individuals by persons older than them. This occurred mainly in schools, religious institutions and within the family. Over the past three decades of the internet, online relationships between individuals have become normalized. Young people and increasingly children, get to know people they've never met through video games, Instagram and snapchat. But this has gone hand in hand with an increase in child-grooming using these devices. The rise of face changer apps, voice changer apps and loopholes in sectors like the dating app market have made it easier than ever before to groom children. At Victim Support, they've put together a page which focuses on this issue. On it you'll find a guide to what grooming is, and how young people can help themselves be aware of the issue. Please follow the link: <https://www.victimsupport.org.uk/you-co/types-crime/sex-crimes/grooming/>

It'sNotOkay

Information and Guidance for Pupils Suffering Child Exploitation - It'sNotOkay

It'sNotOkay is a branch of Greater Manchester's Project Phoenix launched in 2012 to deal with Child Sexual Exploitation. The project seeks to raise awareness of child sexual exploitation as well as aiding people to recognize the signs. On their site they have pages on spotting the signs of child sexual abuse, real stories from victims of this and information on child trafficking, sexting, and other articles of a safeguarding nature. If you're interested in taking a look at their content please follow the link below: <https://www.itsnotokay.co.uk/children/real-stories/>



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 \(good-thinking.uk\)](#)

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

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 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