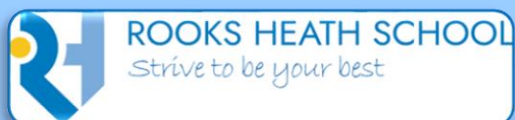


SAFEGUARDING NEWSLETTER



Autumn 2023 – Issue 2

Latest advice for parents and carers



Welcome to the latest edition of our Newsletter from the Rooks Heath Safeguarding Team. The aim, as always, is to bring you all the latest, relevant advice on issues we feel are of importance.

You will find help to guide you through difficult conversations the recent conflict in Israel and Palestine can bring about, along with Winter wellbeing tips. There is also information on the latest Online trends, that are essential to keep up to date with, especially with the Christmas holidays upon us.

Whether you are celebrating Christmas, Hannukah or simply enjoying the break, we hope that you have restful and safe holidays!

LATEST ONLINE CONCERNS - CHROMING

What is 'chroming'?

The term 'chroming' refers to a recent drug trend in which individuals inhale the fumes of intoxicants such as aerosols, paint, or solvents to experience a high. The name came from the original act of sniffing chrome-based paint.

Although using inhalants isn't new, recent social media trends are adding a new dimension of peer pressure through the 'TikTok Challenge'. The challenge, also known as 'WhipTok' has sparked renewed interest among teenagers, who are being encouraged to try this dangerous practice.

Chroming can take several forms:

- **Sniffing:** Inhaling vapours directly from a container, such as a nail polish remover bottle.
- **Bagging:** Inhaling vapours, like air freshener spray, directly from a plastic or paper bag.
- **Huffing:** Inhaling petrol, lighter fluid, or other vapours soaked into fabric.

The worries are that some young people may think chroming is a 'safer' way to get high rather than misusing street or prescription drugs. Products used in chroming, like spray paint bottles and markers, are easy to purchase and don't have the same restrictions of some drugs or age limitations like alcohol. They are also unlikely to draw attention from teachers, parents, caregivers, or the police.

Why is it dangerous?

As well as the short-term effects typical of substance abuse, experts have warned that 'chroming' can lead to long term brain damage and also damage to internal organs.

For more valuable information please see link below:

parents.com/what-is-chroming



EMERALD CHAT – WHAT IS IT?



Emerald Chat is an anonymous chat website that encourages users to make new friends by engaging with strangers.

- It uses several aspects of popular social media platforms, such as Feeds and Direct Messaging to encourage users.
- The app includes a paid 'Gold' membership, which allows users to send images, choose the gender of user they speak to and 'priority matching'.
- There have been numerous reports of risky behaviour over the last few years, including several claims that the platform has been 'made for paedophiles'.
- The platform claims to use AI technology and human moderation to detect nudity and other inappropriate imagery within the chats.
- Emerald Chat can be accessed via web browser. It does not currently have a mobile app, but it can still be used on web browser apps ie: Safari.



Age Rating

The platform states that all users must be over 18 years old. However, online safety experts discovered that the age verification is ineffective, with only a self-declaration statement to confirm that the user is over 18.

For further information, hints and tips on Emerald Chat click [inege.emerald chat update](#)

VENT – WHAT IS IT?



Vent is an online platform designed to be a 'social diary' for users to share their feelings. It sells itself towards children and young people as a platform where they can express themselves, 'chill out' and have their mood 'lifted'.

Experts found that it features unhealthy and potentially dangerous behaviours, some of which are age-inappropriate or illegal.

- The app's intention is to create positive, supportive and understanding communities for people all over the world.
- It operates as a 'constant feed' of user's posts from the general public, special interest groups, on-to-one chats or a private diary.
- The app has been criticised for enabling a vacuum of negative emotions and comments, as well as allowing harmful peer-to-peer support.
- There are very few effective safety settings on Vent, seems to be reliant on users reporting inappropriate posts.

HARMFUL CONTENT

There is an abundance of inappropriate and explicit content, including harmful or triggering topics such as sexual fetishes, eating disorders, and self-harm methods.

AGE RATING

Vent states that users can only post to the app if they are 'aged 13 years or older'. However, other ratings suggest 16+ or 17+ age limits, as the app may include themes such as profanity/crude humour, mild sexual content, nudity and drug use reference – content that is not suitable for Vent's suggested age rating.

For further information, hints and tips on Vent – [inege.vent-app-safeguarding-update](#)

YOUR GUIDE TO Group Chats

Group chats are a type of communication involving multiple users that happen on most messaging platforms. While they have been around since the invention of online messaging (think chatrooms!), popular use has grown in the last decade.

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HOW DO THEY WORK?

Once a user creates a group chat on a messaging platform, they can:

Choose the name of the group & select a group photo

Set up the sharing and privacy settings

Add other users as members of the group



After the group is set up, users can:

Video or voice call all members of the group at the same time

Message into the chat

Send photos/videos/GIFS/voice notes

Tag other group members in specific messages

Who can be in a group chat?

Anyone can be in a group chat as long as they are a user on that platform. Most platforms have age restrictions (usually 13+) but there are not always robust age verification processes in place.

Why do young people use them?

- Stay connected to friends, family, or teammates.
- Send important information to multiple people.
- Discuss specific interests or events with others.
- Organise meetings for school, work, extracurriculars, etc.

More than 8 out of 10 parents

are concerned their child will be cyberbullied on a group chat.

The Risks of Group Chats

Bullying. Many young people have reported being left out of group chats, experienced bullying within them or have been made fun of in a chat they weren't included in.

Image sharing. Young people may feel pressured to share sexual imagery of themselves. Even if they choose to share an image with just one person, they may lose control if it is shared in a group chat.

Disappearing messages. A function of many group chats which allows users to delete messages or automatically make them vanish after a set time (e.g., on Snapchat) which can present opportunities for bullying or coercion when sharing inappropriate images.

Information leak. Being in a group chat could unintentionally lead to private information being shared, such as mobile numbers or live locations.

Stranger interaction. A young person may not know everyone they are in a group chat with, potentially exposing them to harmful interactions.

Inappropriate content. If someone sends in something that is inappropriate, it may expose a young person to content they were not prepared to see.

Excessive screentime. Some group chats might be receiving messages 24/7, which could draw a young person's attention at inappropriate times!

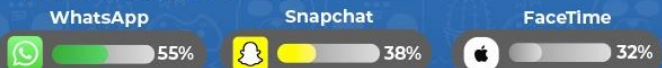
When using WhatsApp, images can automatically save to the user's camera roll, unless adjusted in the settings. This may lead to young people unintentionally possessing harmful or illegal images by default of someone else sending them into a group chat.

The most important thing you can do for a young person is to ensure they know who their trusted adults are and that they can always talk to them without fear of consequences. **Here are some other preventative steps that you can take:**

- Ensure they understand what information should be kept private.
- Talk about appropriate behaviour towards others online.
- Discuss the risks of sharing nude or semi-nude images.
- Enable and review privacy settings together - use our Safety Centre to help!
- Teach how to block, mute and report other users or chats.
- Adjust auto-saving settings on WhatsApp.
- Set family rules and screentime limits on devices.

Group messaging functions exist across various social media and gaming platforms. The most common way 3-17-year-olds interact online is through communicating via messaging/video platforms.

The most used apps for this are:



If a young person does seek your help...

- Listen and reassure them that they have done the right thing.
- Include them in any decisions that follow.
- Screenshot evidence of bullying as soon as possible.
- Only ban the use of the platform where necessary for their safety.
- Involve parents or relevant staff if children are at risk.
- Contact organisations who can help.
- Do not respond directly to harmful or hurtful messages.
- If you believe a child is in immediate danger, contact the police without delay.

SOS

NEVER SCREENSHOT AN INDECENT IMAGE OF A CHILD!



CONFLICT – HAVING SAFE DISCUSSIONS



YOUNGMINDS



WINTER WELL BEING TIPS



[Tips for coping with seasonal affective disorder](#)

Money and mental health advice for [young people](#) and [parents](#)

[What to do if seeing friends and family makes you anxious](#)

[How to help your child if Christmas makes them anxious](#)

HAF - Free places at Holiday Camps

The HAF Programme is primarily aimed at children and young people from reception to Year 11, eligible for Free School Meals benefit related.

There are free places for eligible children and young people up to 16 years old, at various holiday camps and activities across the borough.

Activities can be booked via the Young Harrow Foundation website.

[Find Holiday, Activities and Food \(HAF\) activities \(youngharrowfoundation.org\)](https://youngharrowfoundation.org)

The Conversation Café

The Conversation Café is a welcoming and safe drop-in session for Harrow residents to meet face-to-face with staff from the Council and community partners.

Their aim is for residents to receive information, advice and support and everyone is welcome to drop in for a chat with one of the dedicated team members. [Harrow.gov.uk/conversation cafe](https://harrow.gov.uk/conversation-cafe)

My Child's First Device

5 Steps to Make Phones, Tablets, and Laptops Safer

You might be deciding to give your child their first phone, tablet, or laptop (or third, fourth, fifth – even a new update). This is a big decision! The responsibility and freedom that comes with owning a device is a big step for children – and you! It might even be their first “grown up” responsibility.

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. We know this can be daunting with various device brands, apps, and settings to choose from. Our online safety experts have created 5 steps to help you make that first device (or brand-new model!) safer for the child or young person in your care.



Remember!

This is an exciting time in your child's life! You want to be a part of that in a positive way that encourages them to share with you and trust you. If you take the time to teach them, they will be empowered in their online actions and behaviours for the better.



1

Do your homework

Make sure your home environment is secure and ready for your child to be online. Many major broadband providers offer age restriction settings so check with your provider to ensure these restrictions are put in place.

Many retailers offer free Parental Controls to their customers. You can find Parental Control walkthroughs on most popular provider websites.

Check the device's brand website for simple walkthroughs of where to find privacy settings on your child's specific device.



2

Set up the device with your child

Taking the time to sit down with your child and set up the device together will help you both get to know how the device works, allow you to implement SafeSearch filters on search engines, and set up in-app purchase restrictions. You can use the device settings to set up agreed upon restrictions, like Screen Time and App Limits.

Explain why these settings are important to protect children and young people from online risks and that these restrictions will be lifted when they are old enough. Ensure your personal account is set as the Parent account and make sure your parental control PIN number is secure and random.



3

Discuss and agree on healthy phone and device habits

Once the device has been set up, take the time to agree on some healthy rules and boundaries for how they will use the device. This can include rules like when and where they can use their device, screen time allowance and which apps are allowed to be used.

Be realistic on what will work in your household. If your child has friends with different rules, remind them that what works for one family might not work for another! As the parent or carer, you are responsible for the way your child uses their device and they will need guidance, especially if this is your child's first independent responsibility.



4

Check-in with your child

Check-in with your child about their device use. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car or while watching television as a family can have the biggest impact. Ask questions like, “Tell me about your favourite app! Why do you like to use it?” or, “How has your device helped you today?”.

Online safety is never a one-off conversation – it's a continuing dialogue. Show your child that you're interested in their responses and thoughts to foster an environment of openness and trust between you and the child in your care.



5

Keep Yourself Informed

We live in a digital world that changes daily. The most responsible thing you can do in keeping your child's device safe is to keep yourself informed.

Stay alert to trends and threats that they may be exposed to. With many companies beginning to offer “kid” versions of their platforms, knowing what is safe and what is suspect will help you make the best decision for your child. Luckily, we have some excellent resources to assist you that are reliable and relevant. Visit our website and social media pages.



12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.12.2023

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

SCHOOL SOCIAL WORKER

Parents, are you worried about:

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



Students, are you worried about: Your mental health, food, arguments, or fights at home, 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.

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](#)

Conversation Café

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

Opening times:

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

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

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

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

WARM HUBS IN HARROW

Warm Hubs are warm, safe places where residents can expect a friendly and inclusive welcome. There are various locations around the borough.

[Find your nearest Warm Hub](#)



Dedicated Helpline
0800 136 663

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

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

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



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

encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – **0808 1000 900** or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:

[Live chat - Stop It Now](#)
[Stop It Now! Secure email](#)

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

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

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

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



Together we can prevent
child sexual abuse

On-Line Grooming



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

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

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

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

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



USEFUL ON-LINE SAFETY WEBSITES

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

<https://nationalonlinesafety.com/>

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

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

PARENTAL SUPPORT

YOUNG
MINDS

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

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

CHILDNET – SEND CHILDREN

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

[Parents and Carers Toolkit | Childnet](#)

PARENTING SMART (Place2Be)

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

Advice can be found on over forty topics inc:

Understanding sibling rivalry

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

My child has trouble going to sleep

My child says, 'I hate you!'

Cultural identity: who am I?



The Parenting Smart website can be found here:

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

HelpHarrow

Help Harrow Digital Product

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

Help Harrow Key Points:

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

Key Benefits to Helpharrow.org Users:

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

Who is Help Harrow for?

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

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

EAL RESOURCES FOR ONLINE SAFETY

Leaflets available in other languages here

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

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



HELPING LOCAL PEOPLE IN CRISIS

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

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

To Get in Touch

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

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

SAFEGUARDING TEAM

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

The team consists of the following members:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads -

Ms V Cobblah-West

Miss L Dale

Safeguarding Team -

Miss A Mahmoud

Ms H Pugh

School Counsellor

Mrs Lara Geoghegan

School Social Worker

Mr Ariz Baig



Online Counselling Service for 11-25-year-olds in Harrow

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

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

ARE YOUR CONTACT DETAILS UP TO DATE?

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

Thank you!

Share the HOPE
Save a life

HOPELINEUK

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

EMERGENCY
APPEAL



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

Online here



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

020 8901 2690