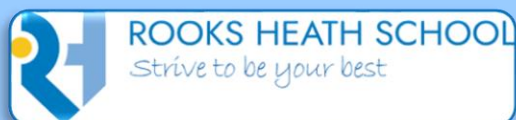


SAFEGUARDING NEWSLETTER



SPRING 2022 – Issue 5

Latest advice for Parents and Carers



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

Since returning to school after the half term, many of us will have been watching the news and the unfolding crisis in Ukraine. It can be difficult to know how best to speak to children about the war, therefore we have some tips and guidance to help you with this. Another concern that has come to light, is the worrying trend of 'connecting' apps for teenagers. Please do take a moment to familiarise yourself with Wink and Yubo and to regularly check your children's mobile/device activity.

Invasion of Ukraine – how do we explain the crisis?

It's difficult to know what to do or say as a parent in response to the conflict in Ukraine. We ask ourselves many questions in trying to find the best ways to answer their worries and concerns. Even without direct personal connection to the conflict, it's natural that seeing all the footage coming out of Ukraine can be distressing.

- Do we cover it up and tell them it's all going to be fine?
- How can we do that when it's all over social media?
- How much should they know?
- How do you help them manage understandable anxiety around what they see on social media and the news?

The resources in the BBC Bitesize [Parents Toolkit](#) will guide you in the best ways to respond to the natural curiosity and growing anxiety of our children at this terrifying time.

- Start by finding out what your child knows already
- Tackle the news head-on and talk about it openly and calmly
- Stick to the facts
- Educate them about reliable sources of information
- Encourage your child to ask questions and share their feelings
- Reassure them and let them know it's normal to be concerned
- Do something positive with your child

More information and guidance can be found here [Russia's invasion of Ukraine: parent information and support pack \(thekeysupport.com\)](#)
<https://www.youngminds.org.uk/parent/blog/top-tips-for-talking-to-your-young-person-about-the-events-in-ukraine/>

[Talking to Your Child About the War in Ukraine - Ineqe Safeguarding Group](#)

CHILD-TO-PARENT ABUSE (PEGS)

Child to Parent Abuse is complex and misunderstood. The parent support charity, Parent Educational Growth Support (PEGS), says this is partly because it has historically been largely ignored in favour of a focus on intimate partner abuse, partly because it is drastically under-reported, and partly because there are lots of misconceptions around the subject. Some parents may not recognise what is happening to them as abuse – but the behaviours they are experiencing are abuse, and they are not okay.

Child-to-Parent abuse can take many forms including, physical abuse, emotional and psychological abuse, financial abuse, and sexual abuse. This can also extend to the rest of the household, including siblings and pets. Their behaviour makes the parent feel fearful, scared, or forces them to change the way they parent because they fear another incident.

Find out more information on the PEGS' website here:

<https://www.pegssupport.co.uk/recognise-and-respond-to-cpa>



Connecting Apps to be aware of.....



WINK

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on each other's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

In the guide, you'll find tips on several potential risks such as grooming, cyberbullying and inappropriate content.

[National Online Safety](#)



YUBO

Yubo is a location-based social networking app which used to be called 'Yellow' and has been dubbed 'Tinder for teens' in the media. This is due to its similarities with the adult dating app, in which users swipe to find matches. Its official guidelines do not permit users under the age of 13 on the app, while those aged between 13 and 17 must have parental permission.

In the guide, you'll find tips on a number of potential risks such as online grooming, privacy & security, and bullying.

[National Online Safety](#)

What Parents & Carers Need to Know about

WINK

AGE RATING

13+



Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

WHAT ARE THE RISKS?

POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wife" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.



CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

Advice for Parents & Carers

DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

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.



National Online Safety

#WakeUpWednesday

Sources: <https://www.getnetwiser.com/articles/>



www.nationalonlinesafety.com



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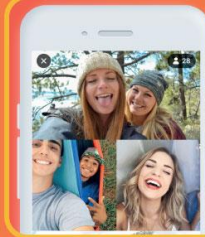
@nationalonlinesafety

AGE RESTRICTION
13+



yubo

Yubo is a location-based social networking app previously known as 'Yellow.' It has been dubbed 'Tinder for teens' due to its similarities with the adult dating app, in which users swipe to find matches. Yubo allows users to livestream themselves to anyone watching, and rate other users.



What parents need to know about

YUBO

(Formerly 'Yellow')



WHO IS USING YUBO?

Although its official guidelines suggest the app is for people aged 18+, those aged between 13 and 17 can create a profile with parental permission. Furthermore, the app does not verify ages or identities upon sign-up, leading to fears that it could be exploited by those seeking to target children. Adults can set up fake profiles for sexual reasons, while children younger than 13, with access to the Internet, could pretend to be older than they are.

LIVE-STREAM FOOTAGE

Yubo states that it uses a combination of technical tools and human moderators to check the content created by Yubo, but since users can comment on footage in real-time this could mean that children could be exposed to derogatory or unpleasant language. Media reports indicate that teens are being pressured into undressing live on camera for strangers, sending nude photos, and are even lured into face-to-face meetings on Yubo. Any users can take screenshots or copies of live streams, alter them and share them with others.

SNAPCHAT

While the Yubo app doesn't directly link to Snapchat anymore – users still tend to share their Snapchat usernames on their profiles, making them very easy to add on Snapchat without ever speaking to the individual. On Snapchat, if your child's location feature is switched on, there is a high chance that strangers can find your child's exact location.

BULLYING & MENTAL HEALTH

The way Yubo works is that users 'swipe' to accept or decline to talk to someone. Whether users accept or decline is all based on their profile picture, meaning there is the potential that children could be left with low self-esteem if declined. Receiving comments about their appearance can have a negative impact on a child's emotional wellbeing, leaving them feeling less confident about how they look or how interesting they are. Bullying includes actions such as making threats or spreading rumours about people. As users have the ability to screenshot copies of live streams and private messages etc., they can use these screenshots as forms of blackmail, making the person feel victimised, embarrassed and unsafe.

swipe to make even more friends

Lola
SPAIN, Madrid

Top Tips for Parents

HAVE A CHAT

Start a conversation with your teenager so that they know how to stay safe online. Don't be embarrassed to talk about inappropriate online content with your children and look out for secretive or reserved behaviour when it comes to their internet devices.

DISCUSS YUBO GUIDELINES

Take time to go through Yubo's Community Guidelines, which all users receive a link to, when they sign up to the app. Anyone who does not follow the guidelines may have their content removed or account suspended. Guidelines include advice on not posting any fake pictures or pretending to be anyone else.

YUBO GUIDELINES FOR PARENTS

Yubo offers a guide (<http://parents-guide.yubo.live>) to reassure parents about their child's usage. It explains how the app works, how children can stay safe and outlines its 'five-step approach to safety', including Sign-up, Profile Settings, Community Guidelines, Moderation and Reporting.

REMOVE LOCATION FEATURE

In their 'Profile' settings, children can hide their city and choose to connect with people who are only located within a certain radius of their location.

PROOF OF AGE

Yubo recently updated its security settings so that users who attempt to change their date of birth after signing up now have to send proof of ID to the app in order to verify the change.

ENCOURAGE RESPECT

Remind your teenager to always consider anything they are about to share online and to think about whether they are posting something they may regret at a later date. Encourage your child to think about the language they use online and to think carefully before making a comment on content posted by someone else.

AVOIDING UNEXPECTED IMAGES

Yubo suggests that teenagers ask the person they are talking with to share a picture of themselves with a spoon on their head to prove they are really who they say they are in their picture. Another tip is to avoid profiles with only one photo as these are often 'catfish' – someone who pretends to be somebody else by creating false identities.

AVOIDING UNEXPECTED IMAGES

Report any suspicious activity. You can report any concerns by clicking on the 'flag' icon within the app or by visiting 'Yubo's SafetyCentre' at <http://safety.yellw.co>. This includes pornographic, sexually implicit content, bullying, grooming and fake accounts.

PREPARE FOR 'GOING LIVE'

Yubo users can 'Go Live' during a chat with friends or choose to live stream 'Anyone' on Yubo. To help your child avoid sharing too much, help them to consider whether they really want the world seeing what they are doing. If they are going to watch streams they should also know how to report anything that makes them feel upset, uncomfortable



National
Online
Safety

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

Snapchat Live Location.....new feature

Snapchat have recently announced the release of a new feature: Snapchat live location sharing. It will allow users to share their real-time location with friends via the app, expanding their existing Snap Map feature that launched in 2017.



What is a Snap Map?

The Snap Map is a location sharing feature of Snapchat, which uses real time location to show users where you are and what building you are in. It is not currently clear when the new live feature will be launched globally.

What is Snapchat Live Location Sharing?

The new Snapchat feature is essentially a virtual 'buddy system'. The feature is designed to be used by close friends and family who want to share their location. For example, if two friends are meeting up in a busy location, then Snapchat Live Location can help them to find each other easily. Location sharing should only be used with trusted friends and family members. However, it is possible that a young person could be coerced or pressured into enabling the feature with someone they don't know in person. Possibly when setting up a meeting with someone for the first time that they've met online or on a dating app.

For further information, tips see link below:

[Snapchat Live Location Sharing - Ineqe Safeguarding Group](#)

Friend finding App Hoop

Hoop is a social networking app that syncs with Snapchat to help users build their community of friends. It works along similar principles to Tinder: swiping left or right will reject or accept potential contacts, making new connections in the process. When two users accept each other, they can then communicate via Snapchat. There is not chat function on Hoop itself: video and audio calls, messaging, and image sharing all take place through Snapchat. When a user adds a new Hoop contact, they are essentially sharing their personal information from Snapchat. In the guide you will find tips on several potential risks such as grooming, visible location and no age verification system.



Some threats that your children can face while using this App

- Meeting Strangers
- Sharing personal information
- Increase in screen time
- Teenagers are likely to connect with older people who may not have good intentions

Click link for advice and tips <https://ineqe.com/2020/10/15/wink-hoop/>

What Parents & Carers Need to Know about

HOOP FOR

App Store Rating

13+

Hoop is a social networking app that syncs with Snapchat to help users build their community of friends. It works along similar principles to Tinder: swiping left or right will reject or accept potential contacts, making new connections in the process. When two users accept each other, they can then communicate via Snapchat. There is no chat function on Hoop itself: video and audio calls, messaging and image sharing all take place through Snapchat. When a user adds a new Hoop contact, they are essentially sharing their personal information from Snapchat.

No Age Verification

18+

The app groups ages 13–17 together and age 18+ years separately, so adults do not see children's profiles – and Hoop warns users that they must input their real date of birth. However, there is no age verification system, meaning that an individual with intentions of grooming could sign up pretending to be a child so that they could be connected with younger users.

In-app Purchases

Hoop offers in-app purchases that allow users to buy 'diamonds': the digital currency required to connect with others. Users can earn diamonds by watching videos, sharing links or contact lists, adding friends and completing surveys; alternatively, diamonds can be bought in packs, with costs ranging from 99p to £28.99, which potentially could prove to be very expensive.

Visible Location

Hoop gives users the option to share their Snap Story on their Hoop profile. Snap Stories are visible for 24 hours and, by default, show the user's exact location on the Snap Map. This means that not only will a young person's friends be able to see this information but all Hoop users too – including, potentially, individuals who may have sinister motives for pinpointing a child's whereabouts.

Grooming Risk

If a stranger uses Hoop to connect with your child on Snapchat, it means they would have access to your child's personal information, location, photos, videos and stories shared with their friends on Snapchat (unless your child has changed their privacy settings). Messages in Snapchat are automatically deleted after they're read, making it impossible for parents to monitor conversations.

Potential Compulsive Use

Users are rewarded with diamonds for hitting certain targets. To reach these milestones, young people may be inclined to add as many friends as possible – including strangers. Users are also assigned a level that is displayed on their Hoop profile; to achieve a higher level, users must add more connections – which provides an incentive for children to spend more time on the app.

Possible Data Collection

One of the reasons Hoop has remained free to use is that it hosts video adverts and user surveys, which reward users with diamonds for taking part. This practice strongly suggests that the app collects personal information from the user, based on the adverts they watch and their responses to surveys, and then shares this data with third-party organisations.

Advice for Parents & Carers

Learn How to Report and Block

If your child sees or is sent something that makes them feel uncomfortable, Hoop has a reporting and blocking function. When reporting a user, you are asked to provide a reason why you are reporting them (for example, nudity or sexual content, hate speech, or using a fake age or gender). You then get a notification that the other user has been reported or blocked.

Limit Spending Power

If your child's device is linked to a bank card, a PayPal account or another form of payment, ensure that you have either removed this connection or adjusted the security settings so that you get notifications of any attempts to make in-app purchases. Make sure that you have set a password which has to be entered for a purchase to go ahead.

Avoid Over-Sharing

Talk to your child about what they share online and who they share it with. Make them aware that once something is online, then anyone can see it. Talk to them about what might not be safe to post online (for example, things which could give away their home address or that of their school, explicit photos or their current location). Make sure that they don't share something they will regret later.

Be Wary of Strangers

Talk to your child about the dangers of connecting with strangers online. Encourage them not to engage in private messaging with people they don't know – particularly on Snapchat, as automatically disappearing messages makes them difficult for trusted adults to monitor. Ask them to think about why they are adding all these connections and whether they genuinely need hundreds of 'friends' on Snapchat.

Adjust Privacy Settings

Check the privacy settings in place on your child's Snapchat account so that only friends or a custom group can see their stories, Snap Map and any images that they post. You may wish to seriously consider going into the settings and enabling 'ghost mode' to turn off the location services, so your child's whereabouts won't be publicly visible to other users.

Encourage Safe Communication

With the amount of time that young people spend communicating with others online, it's vital to ensure that these connections are positive and healthy ones. Regularly check which apps your child is using: if there are any new ones, talk to your child about what these apps are and how they work. If you are unsure about a new app, you could download it to try yourself and see if it is suitable.

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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SOURCES:



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PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods over the last 18 months, learning from home was forced to be increased. This meant that young people were spending a lot more time on-line doing their schoolwork, gaming and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

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

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

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

Sharing images and videos

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

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

More information?

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

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

Steps you can take to help keep your child safer online

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

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

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

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

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

DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT



Urgent mental health support - 24/7 crisis lines

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

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

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

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

shout 85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

childline

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

Urgent and other support available

Good Thinking

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

THE MIX

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

Beat

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

kooth

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

WELLBEING SUPPORT



Is a Digital Mental Wellbeing website that has various support for young people, parents and carers, employers and employees and faith and belief communities.

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 to take you straight to the Parent and Carers section of the website.

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



Offering self-care along with help and support for your children's mental health. Link will take you straight to the parent/carer section [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)



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:

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

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

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

Mondays 2-4pm Thursdays 10am-12noon

Please email:

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

SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



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

This service provides another vital support link for our students.

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

Thursday
s 9.30am-
12.30pm

NSPCC Dedicated Helpline
0800 136 663

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

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

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

stop it now! UK & Ireland
Together we can prevent child sexual abuse

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

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

Click the following links:

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

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

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

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

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

Parents Protect

Together we can prevent child sexual abuse

On-Line Grooming



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

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

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

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



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

USEFUL ON-LINE SAFETY WEBSITES

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

<https://nationalonlinesafety.com/>

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

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

EAL RESOURCES FOR ONLINE SAFETY

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

Parents: Supporting Young People Online (Childnet)

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

Leaflets available in other languages here

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

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

PARENTAL SUPPORT

YOUNG MINDS

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

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

HelpHarrow

Help Harrow Digital Product

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

Help Harrow Key Points:

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

Key Benefits to HelpHarrow.org Users:

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

Who is Help Harrow for?

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

Please click on link for more details

<https://helpharrow.org/>

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 including:

Understanding sibling rivalry

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

My child has trouble going to sleep

My child says, 'I hate you!'

Cultural identity: who am I?

The Parenting Smart website can be found here: <https://parentingsmart.place2be.org.uk/>





HELPING LOCAL PEOPLE IN CRISIS

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

To provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, and some local charities.

To Get In Touch

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

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

LEARN HARROW

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

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

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

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

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



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

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

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

SAFEGUARDING TEAM

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

The team Members are as follows:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West and Miss L Dale

School Social Worker

Mr Ariz Baig

Are all your contact details up to date?

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

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

For children click here



Online here



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

020 8901 2690

Share the HOPE
Save a life

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

EMERGENCY
APPEAL

