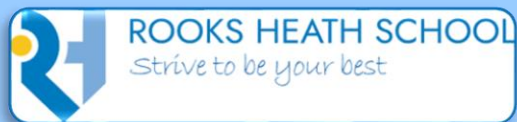


SAFEGUARDING NEWSLETTER



Autumn 2021 – Issue 1

Latest advice for Parents and Carers



Welcome to the first edition of this Academic year's Newsletters 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.

As we fast approach half term, the Summer Break seems a distant memory, but we hope that you had a restful, relaxing time and that you and your children have settled back into the daily routine of school life. This first issue will be concentrating on updating you with any on-line/social media issues that have arisen over recent weeks.

Social Media is Changing: Your Guide to the Latest Updates

From TikTok to Instagram, Google to YouTube, many of the online platforms we use every day have released plans to improve the safety of users under 18. But will these changes improve the safety of children and young people online?

Our online safety experts have reviewed the biggest changes coming to these platforms, helping you to stay on top of your online safety as well as the online protection of the children and young people in your care. Please see the link below for the guide to latest updates.

[Social Media Platform Updates: Your Guide to the Latest Changes](#)



Deepfakes – What are they?

A deepfake is an extremely convincing piece of media that is created using artificial intelligence (AI), based on pictures and recordings of the subject. The name comes from the deep learning approach to AI needed to generate them and the fact that they're used to create fake content. Deepfakes can be made as videos, static images and audio – where a person's voice is accurately mimicked to make it seem as though they have said something which, in reality, they have not.

In the guides on the links below, you'll find tips on several potential risks such as fake news, pornography and fraudulent use. Also a beginners guide to answer any questions that you may have.

[Deepfakes National Online Safety](#) [A-beginners-guide-to-deepfakes](#)



OnlyFans App: Latest update

OnlyFans is an 18+ online platform that centres around users (fans) paying for content (photos, videos, livestreams) made by “creators” – usually influencers, fitness trainers, models, and other public figures. It describes itself as “social media that pays.” OnlyFans has been active since 2016 and currently has around 1.5 million creators and approximately 150 million registered users. You might have heard about **OnlyFans recently in the news**. It announced that it will “ban sexually explicit content on the site from October.” However, it has also claimed it will continue to allow users to post nude videos and content if it is still in line with its updated Terms of Use. In light of existing safeguarding concerns, check out the guide below to OnlyFans, the risks it poses to your children and young people, and this latest update.

[need-to-talk-aboutonlyfans/SafeguardingHubNewsletter](#)

If you suspect a child or young person may be in danger of exploitation or blackmail because of an online image/video, it is crucial to know how to best help them. Below, you’ll find some helpful safeguarding resources to give you a better understanding of next steps:

- [Self generated Images: Your guide to Taking Back Control](#)



!Online Trend – Reaction Videos on TikTok!

Online safety experts have been alerted to a potentially viral TikTok trend. The trend focuses on people recording ‘reaction videos’ while searching for a term that brings them to a specific type of illegal, sexual online content. Experts have discovered that the explicit material found in this trend is **NOT** hosted by TikTok.

What is a Reaction Video?

A reaction video is simply a recording of a person or group of people reacting to something they are watching online or offline. This can be reacting to anything from an episode of a hit TV show to highly anticipated film trailers to popular YouTube videos.

What are the Risks?

It is important to note that the TikTok reaction videos reviewed are not explicit in themselves. These videos simply show the reaction of the viewer rather than the content they see. The risk from reaction videos circulated on TikTok and other platforms is that they may prompt viewers to seek out the extreme or material that has engendered the ‘shocked’ response of others. There is no evidence now that children are participating in this trend in large numbers. However, more children may be exposed to risk if the react challenge gains further traction and more children engage in the activity.



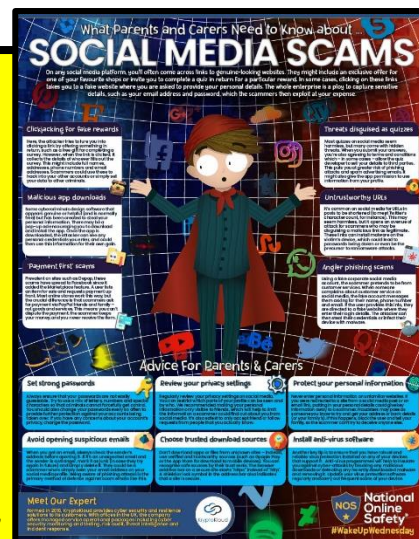
For helpful tips, guidance on reaction videos and more information on talking to children about sensitive topics, click the link [safe-guarding-alert-online-trend](#)

What Parents need to know about social media scams

It's a sad fact of life that where technology leads, crime usually follows. It was perhaps inevitable, then, that social media – as the overwhelming fascination of the digital age – would soon become an avenue for criminal activity.

The risks usually associated with social media are personal in nature: abusive comments, distorted perceptions, cyber-bullying and so on. Increasingly, however, criminals are using networking platforms to snare potential victims. Angler phishing, Clickjacking, 'Payment first' scams, Bogus quizzes. There's no shortage of ingenuity among online fraudsters when coming up with new and convincing ways to obtain our personal information – and our money – by dishonest means. Social media, with an estimated 4.4 billion users worldwide has become a profitable hunting ground. The guide in the link below examines social media scams – outlining some common examples and providing ways to avoid them. It will help you understand what kind of information fraudsters look for, some of the ways that they might attempt to trick you in cooperating and how you can learn to spot social media scam = even when it's disguised as something innocuous and fun.

nationalonlinesafety.org/guide/social-media-scams



Netflix - Squid Game – What are the main risks?

Due to popularity of Netflix's most recent viral show, Squid Game, online safety experts received questions about it from concerned parents, carers and teachers. A Safeguarding Update has been released which highlights the main risks and concerns experts have found.

What is Squid Game?

Squid Game is a South Korean TV series streaming on Netflix. The plot involves a group of adult debtors, thieves and gamblers competing against each other in a series of childhood games for a grand cash prize. However, there is a dark twist – losing competitors are violently killed off in ways that become more twisted as the game grows more intense.



What is the harm?

Currently, Squid Game has a rating of 15+ as the visual content includes high levels of gore, death, violence and physical assault. It also has graphic depictions of suicide, murder and sexual assault. Parents and carers should be aware that video content from this show is found on TikTok. Remember, even if you restrict the young person in your care from watching Squid Game, they may be able to access content on other social media platforms. It's unlikely that children and young people would have the means to entirely recreate the games featured. A lot of them include specialised weapons, sets and equipment. However, there is a concern that a child or young person may unintentionally put themselves in harm's way by trying to recreate a small portion of the games. See link for more advice and tips oursaferschools.co.uk/squid-game/



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.

Be Fearless.

Speak up against
the gangs bringing
drugs into your
community.

Get info/give
info about crime
100% anonymously
fearless.org

-  fearlessagainstcrime
-  fearlessorg
-  fearlessuk

Crimestoppers Trust (also known under youth brand 'Fearless') is a Scottish charity, SC027960, regulated by the Scottish Charity Regulator (OSCR).

fearless
.org

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)

keoth

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

NSPCC Dedicated Helpline
0800 136 663

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

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

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

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

[Stop It Now! UK and Ireland](#) encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – 0808 1000 900 or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:
[Live chat - Stop It Now](#)
[Stop It Now! Secure email](#)

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

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

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

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

Parents Protect
Together we can prevent
child sexual abuse

On-Line Grooming



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

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

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

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



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

USEFUL ON-LINE SAFETY WEBSITES

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

<https://nationalonlinesafety.com/>

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

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

EAL RESOURCES FOR ONLINE SAFETY

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

Parents: Supporting Young People Online (Childnet)

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

Leaflets available in other languages here

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

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

PARENTAL SUPPORT

YOUNG MINDS

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

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

HelpHarrow

Help Harrow Digital Product

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

Help Harrow Key Points:

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

Key Benefits to HelpHarrow.org Users:

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

Who is Help Harrow for?

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

Please click on link for more details

<https://helpharrow.org/>

SCHOOL SOCIAL WORKER

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

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

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

Mondays 2-4pm

Thursdays 10am-12noon



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



HELPING LOCAL PEOPLE IN CRISIS

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

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

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

To Get In Touch

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

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

LEARN HARROW

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

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

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

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

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



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

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

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

SAFEGUARDING TEAM

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

The team Members are as follows:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

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

School Social Worker

Ms Evie Philips

Are all your contact details up to date?

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

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

For children click here



Online here



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

020 8901 2690

Share the HOPE
Save a life

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

EMERGENCY
APPEAL

