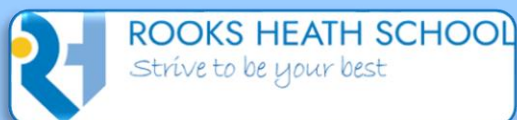


SAFEGUARDING NEWSLETTER



Summer 2022 – Issue 6

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.

Unbelievably, the summer term is almost halfway through, the Easter holidays a distant memory and Spring half term is upon us once again! This edition of the newsletter will revisit concerns with the dangers of synthetic cannabis sweets plus the connection that they have in County Lines recruitment. Also, concerns with the computer game Poppy Playtime that has new 'likeable' characters soon to be released. How many of you have heard of the Metaverse or more importantly understands what it is? Find a brief insight into, the unknown for some, digital world below!

We hope you have a lovely half term break and Jubilee celebrations!!

SYNTHETIC CANNABIS SWEETS (THC) – 'GUMMIES'

There has been a case recently in East London of a 23 year-old woman who died after eating a synthetic cannabis (THC) sweet. The sweets were bought online and they were delivered to her door. She experienced loss of consciousness (resulting in death) and the second individual experienced pain and violent vomiting. They each ate one sweet and immediately felt unwell.



Edibles also known as 'gummies' are infused with THC, the primary psychoactive component of cannabis. Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the user may end up consuming larger amounts of the edibles to experience a response. The manufacturers of the edibles are unregulated, and the content of synthetic cannabis is in each sweet may not always be accurate.



They are illegal and, because of the child-friendly packaging, they can pose a risk of accidental consumption. Parents should monitor food packaging/wrappers at home looking for wording such as THC as this may suggest the items may contain these ingredients.

Be mindful of the medical needs of your child. Call 101 for non-emergencies and attend A&E or call 999 for emergencies.

WARNING – CANNABIS SWEETS AND COUNTY LINES RECRUITMENT

A warning to parents from the police is that new findings show county lines gangs are targeting children with cannabis sweets to lure them into the illegal activity of drug dealing.

Forces in the east of England say over a six-month period in 2021 there were almost 150 reports of the sweets being found. Police are now concerned that the tactic is on the rise as county lines gangs use them to tempt young people into working for them.

The cannabis sweets are laced with mood-altering ingredients which can cause side effects such as the loss of consciousness or coordination, hallucinations, nausea/vomiting, lethargy, and heart problems. They are also illegal and anyone in possession of a product containing Class B drugs risks arrest and prosecution. Parents need to be aware of these products and look twice at any sweets or chocolates their children may have, as well as being alert to the signs that children may be involved in county drugs line activity.

The sweets often contain high levels of drugs, and it can be easy to overdose on them, making them particularly dangerous. The full list of side-effects includes:

- Loss of consciousness
- Disorientation and confusion
- Hallucinations
- Nausea/vomiting
- Lethargy
- Heart problems
- Anxiety and paranoia
- Changes in perception



METaverse AND VR explained...

The name 'metaverse' is a term for a combination of virtual reality with other technologies that will allow us to have a deeper experience of the online world. The metaverse is a 3D environment in which we can interact, rather than seeing the internet simply on screen. Using virtual reality headsets or augmented reality glasses, the metaverse promises the ability to live in imagined worlds in the same way we live in the physical world.

The increase in popularity in cryptocurrencies and NFTs – non-fungible tokens, or unique digital objects, are also a part of the metaverse phenomenon. It is hard to understand how value can be in things that are immaterial if not involved or knowledgeable. But for enthusiasts of the metaverse, there is real value in virtual experiences and perceptions.

What do we need to be aware of?

Despite having lots of benefits, social media sites have already proven to be damaging for some children in terms of functionality, privacy, and moderation. But the move into the metaverse could make bullying or insecurity Tech companies may also realise the pull of the metaverse for children and design services that could manipulate them into spending large sums of money with little gain.

For further information click link below:

[What is the metaverse – and what do I need to know? | Parent Zone](#)

BUZZWORDS

METAVEVERSE AND VR

31 March 2022

Online Safety
Shareable by

INEQE
SAFEGUARDING GROUP

  
oursaferschools.co.uk



NPCs

Non player characters or computer controlled characters



Avatar

An icon or figure representing a person e.g in a video game



Latency

A delay between user input and output. The VR equivalent of 'lagging' or 'buffering'



NFT

Non-fungible tokens are a type of digital asset that represents a real world object or concept such as art, music, or videos. NFT's are usually bought with cryptocurrency



Eye tracking

Sensors in the VR set that keeps up with users' eye movement



Room-scale

Also room tracking – The user's physical movements are followed and recreated inside of the virtual environment or 'room'



Blockchain

A list of digital transaction records. Blockchain technology allows cryptocurrencies to be bought and sold securely



Motion Sickness

A feeling of nausea or discomfort as a result of experiencing virtual movements



Haptics

Tactile feedback that allows the user to feel like they're physically interacting with something in the virtual world



Positional Audio

Also 'binaural audio' - allows a user to experience sound in 3D



Judder

The feeling of significant 'shaking' across a user's visual content

HMD

Head mounted display
The hardware used to deliver the VR experience to users. Usually, a type of headset or goggles

Data Glove

An interactive device resembling a glove that allows the user to perform fine-motor actions within virtual reality



Metaverse

A shared virtual space for users across the internet to access content, games, purchase or build items and environments



FOV

Field of view
The virtual area the user can see. A wider field of vision is more realistic and immersive due to peripheral vision



NEW UPDATES – POPPY PLAYTIME AND HUGGY WUGGY

Last year, INEQ carried out an Online safety Review on the game Poppy Playtime. Huggy Wuggy, one of the games most popular characters has brought new safeguarding concerns due to online challenges and disturbing content involving the character.

Huggy Wuggy Warnings

Although the game was released last year, there has been an increase in the creation of Huggy Wuggy-related content, also reports of playground-style challenges based on the character. Parents are being warned that children may be viewing graphic fan-made videos that are popping up on platforms such as YouTube and TikTok. Some of the videos feature songs together with animation, designed to be upsetting and 'creepy', or jump-scare animations.

New Game Release

One suspected reason for the recent increase in content and popularity could be that a second game is rumoured to be getting released very soon. A new trailer has been released showing the addition of new characters, including Mommy Long Legs and Kissy Missy. Like Huggy Wuggy, these new characters have fairly innocent-sounding names but could be visually disturbing and upsetting for children.



What are the risks?

There are numerous risks that can arise from children and young people being exposed to frightening before they are ready.

- **Added anxiety and stress** – Children and young people are still growing and learning. Horror games could damage that growth by creating unnecessary anxiety and stress.
- **Intrusive thoughts** – if children play this game or watch the characters, it could cause them to lose focus, sleep or become suddenly terrified of something that they weren't before.

Click here for further information <https://ineqe.com/2022/04/04/huggy-wuggy-online-safety->

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>





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 Error! Hyperlink reference not valid.



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

