



HOLYHEAD SAFEGUARDING BULLETIN

March 2024

- Our Designated Safeguarding Leads
- What does county lines mean?
- Abuse in relationships scenario
- Help in Brum
- Digital 5 a day
- County Lines Awareness Week 4th March
- National Child Exploitation Awareness Day 18th March 2024
- Eyes open
- Safeguarding news
- Online Safety message
- Young Minds
- Restorative Practice - a message from West Midlands Police

OUR SAFEGUARDING TEAM

As always, the safety and wellbeing of our students is the most important aspect of our work as a school. This month's bulletin focuses on **National Child Exploitation Awareness Day and using the internet safely**. If you have any urgent safeguarding issues or concerns about any child at our school, please contact the school on 0121 523 1960 or via email and ask to speak to one of the Designated Safeguarding Team.



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National Child Exploitation Awareness Day on 18 March

On March 18, we want the world to unite against child exploitation.

Child sexual exploitation (CSE) is a form of sexual abuse that involves the manipulation and/or coercion of young people under the age of 18 into sexual activity. The National Child Exploitation Awareness Day aims to highlight the issues surrounding Child Exploitation; encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers. NWG is committed to the fight against CSE & CE and supporting victims and their families who are subjected to child exploitation. But they cannot succeed without the support of people like you.



Together, we can work to inform, educate and prevent child abuse within the UK.

What does County Lines mean?



County lines is a term used for organised illegal drug-dealing networks, usually controlled by a person using a single telephone number, or 'deal line'. County lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs. The 'County Line' is the

mobile phone line used to take the orders of drugs.

The most recent statistics from the National Crime Agency suggests there are more than 2,000 individual deal lines in the UK linked to approximately 1,000 branded county lines. County lines are a form of criminal exploitation. It is when criminals befriend children, either online or offline, and then manipulate them into drug dealing. The 'lines' refer to mobile phones that are used to control a young person who is delivering drugs, often to towns outside their home county. Children and young people are at risk if they become caught in county lines networks. To reduce the risk to themselves, the dealers use people they think others will not suspect.



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Eyes open - Spotting the signs of child exploitation

What is child exploitation?

When someone you feel you trust, forces or encourages you to do things which cause harm. They may want you to commit a crime for their benefit. You might be forced to: sell drugs, carry a knife or weapon, store drugs or money, commit theft, robbery or burglary, engage in sexual activity, look after weed grown in a house

What are the signs?

It can happen face-to-face or online. They will gain your trust and might: glamourise their lifestyle, convince you that you're mates or in a relationship, give you gifts, such as money, clothes, drugs or alcohol, offer you somewhere to stay, try and find out more about you so they can 'help you out', force you to do something to owe them for the gifts or 'protection' they've given you

NEW PHONE
NEW BIKE
NEW MATES
NEW CLOTHES
NEW HABITS
NEW ATTITUDE
**THE SIGNS OF
GROOMING CAN
BE HARD TO READ.**

It can be difficult to spot as it usually happens gradually over time. It is **not** your fault.

Are you worried about someone?

Young people can be exploited with the initial excitement of having new friends who 'look out for them', they might buy them new gifts, take them away from home or their friends. Once trust has been gained, exploitation begins. Child exploitation can look like many things – drugs, sexual grooming, carrying weapons, and being forced to commit crimes.

Help and Support Are you caught up in gang culture and want a way out? Are you worried about a mate or loved one? There is help out there. If you are in a situation where you need help or are concerned about someone, practical information about your options can be found on our Gangs page. The St Giles Trust can help you find a path out of gang life. Support is available for all the family too. You can give information anonymously at Crimestoppers. Visit Childline or call 0800 1111 for help and advice. Remember you can also speak to an adult you trust, such as your teacher or a family member. There are people that want to help you.



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Abuse in intimate personal relationships between children scenario

Scenario

Grace has a new boyfriend who often comes to meet her from school.

She seems a bit down and has been spending less time with her friends. She's been in trouble a few times for checking her phone during class.

You've also noticed that she's started changing how she dresses and is wearing longer skirts than she used to.

What should you do now?

Recognise the potential signs of abuse in an intimate personal relationship

- Share your concerns with the DSL (or deputy), and make a written record, as soon as possible
- Remember, these are potential signs of being in an abusive relationship:
 - Changes in mood (in this case, seeming down)
 - Becoming isolated from her friends (spending less time with them, in this case)
 - Being on her phone a lot
- Changes in how she dresses could also suggest coercive control

What do we do as a whole school to challenge abuse?

- Use assemblies and the PSHE curriculum to teach pupils about healthy relationships and gender equality
- Display information about local support services and information about healthy relationships and abusive relationships in school
- Challenge incidents of gender inequality

Safeguarding news

- Young people are being exposed to radicalisation online, following an increase in hateful social media content since the recent Hamas-Israel war began. The UK's Counter Terrorism Internet Referral Unit has received more than 2,700 referrals from the public.
- Police data has shown that children are now the biggest perpetrators of sexual abuse against other children. This comes with easier accessibility to violent pornography and a perception that it's normal behaviour, according to the NPCC lead for child protection.



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Help in Brum

Are you worried about the rising cost of energy bills, food and transport? You are not alone; the cost of living crisis is affecting many of us. You may want help accessing grants, support getting all the benefits you are entitled to, or simply want to know more about the government's recent support measures.

If you are experiencing immediate problems, call 0121 303 1116. Help in Brum opening hours are Monday to Friday from 9am to 7pm and Saturday from 10am to 1pm. The Household Support Fund, provided by the Department for Work and Pensions, is a fixed amount of money available to the local authority to support households in most need with essentials such as:

- Food
- Energy
- essential goods and supplies, including water

Various forms of assistance are being offered to address a wide range of household circumstances. These funds are not impacted by the recent issuing of a section 114 notice by Birmingham City Council (BCC).

Online Safety Message



The online platform **Telegram**, is legal and used for many reasons. However, it's the largest type of social media used within the Extreme Right Wing Terrorism space. Therefore the advice is if school teachers or parents notice that young people are using Telegram, that they are more intrusive about the purpose of them having it and to remind them of the risks of using it.

Also, please be aware of the “**Text Me**” app that is appearing, it generates phone numbers so people can text anonymously from them. It is regarded as unsafe as it encourages anonymous texting, messaging, and exposure to explicit content over the internet. It could also be used as a way of bullying and harassment.



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Digital 5 A Day



The Digital 5 A Day provides a simple framework that reflects the concerns of parents/ carers as well as children's behaviours and needs. It can also act as a base for family agreements about internet and digital device use throughout both the holidays and term time. Based on the NHS's evidence-based '**Five steps to better mental wellbeing**', the 5 A Day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet.

Connect: The internet has enabled everyone to maintain friendships and family relationships no matter where they are in the world and children often say that chatting with friends is the best thing about social media. It's important to acknowledge that this is how children keep in touch but it's also important to have a conversation with them about who they are connecting with and their privacy settings. Remember to keep a dialogue open and talk to your child to understand how they're spending their time and so that they can come to you for help should they need to.

Being active: Activity is very important for mental wellbeing and all children should have time to switch off and get moving. Children don't have to be an athlete to be active. Find something that they enjoy – be that swimming, walking, dancing or yoga – begin at a level that works for them and make it a regular activity. Researching an activity or place online before going out is a good way of combining the two and provides an opportunity for you to use the internet together.

Get creative: The internet provides children with unlimited opportunities to learn and to be creative. From learning to code to building complex structures in Minecraft to creating video content, the summer can be a great opportunity for children to build their digital skills. Time spent online doesn't have to be spent passively consuming content. It can be educational, creative and can provide opportunities to build skills for later life.

Give to others: As well as using the internet to learn about how to get involved with local and national charitable schemes, children can give to others through their everyday activities. Remind children that by giving positive feedback and support to friends and family as well as reporting the negative behaviour of others, children can help the web make a positive place for everyone.

Be mindful: We hear that children often feel pressured by the constantly connected nature of the internet. While they might want to do other things, it can be difficult for them to put their phones down when apps are encouraging them to engage. Being mindful about the amount of time that your child is



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spending online – and encouraging them to be mindful about how this makes them feel – is important. Encourage children to come up with ways of managing this i.e. keeping a diary as a way of logging the amount of time they are spending online or downloading an app that helps them manage their notifications.

Young Minds

If you feel you need support for your child's mental health there are agencies that can support you:

Childline

If you're under 19 you can confidentially call, chat online or email about any problem big or small. Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service. Can provide a BSL interpreter if you are deaf or hearing-impaired. Hosts online message boards where you can share your experiences, have fun and get support from other young people in similar situations. Opening times: 24/7 call on 0800 11 11



NHS Urgent Mental Health Helpline (England only)

Offers mental health support and advice, help to speak to a mental health professional, and can arrange an assessment to help decide on the best course of care. Opening times: 24/7

Samaritans

Whatever you're going through, you can contact the Samaritans for support. N.B. This is a listening service and does not offer advice or intervention. Opening times: 24/7 text 116123, email jo@samaritans.org



Shout

Text SHOUT to 85258. Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support. Opening times: 24/7



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Papyrus

Offers confidential advice and support if you're struggling with suicidal thoughts, and information about how to make a safety plan. Its helpline service - HOPELINE247 - is available to anybody under the age of 35 experiencing suicidal thoughts, or for anyone concerned that a young person could be thinking about suicide. Opening times: 24/7 every day of the year, call 0800 068 4141 or 07860039967. Email pat@papyrus-uk.org



County Lines Awareness week commencing 4th March 2024

In observance of County Lines Awareness Week, taking place week beginning 4th March 2024, we are pleased to share a series of short videos and webinars aimed at providing valuable insights into this critical issue. These resources are intended to enhance awareness and understanding of County Lines activities, equipping schools with the knowledge needed to address challenges related to exploitation and safeguarding. We encourage you to allocate time during this week to view the provided materials, as they offer valuable information that can contribute to a safer and more informed school environment. Thank you for your commitment to safeguarding and proactive engagement in initiatives that promote the wellbeing of our students.

Should you have any questions or require further assistance, please do not hesitate to reach out.

[P as SG P's](#) – Parents As SG Partners

<https://youtu.be/PZtFUPQMNZk> - Making words matter

<https://vimeo.com/572019489/a503f34def> - FIB

<https://vimeo.com/801580255/5792be8ccf> - wellbeing

<https://vimeo.com/801630071/b76e34f30e> - NRM

<https://youtu.be/DdYq2dhQ3qc> - NCLCC - County Lines Awareness Video

<https://www.youtube.com/watch?v=1w3Zc0MdmyU> - NCLCC Section 45 Defence awareness video

Not Heard Video - Released by Leicester CSP March 2023



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https://youtu.be/x14_2chx3IE

A Parents Story – PACE Video

[Child Sexual Exploitation - The Parent's View - YouTube](#)

[The truth about Chicken Shop Grooming](#)

[Trapping](#)

<https://vimeo.com/801580255/5792be8ccf> - wellbeing

<https://vimeo.com/801630071/b76e34f30e> - NRM

<https://vimeo.com/801614264/03a6eed385> - P.O.L.E.

Restorative Practice: A message from West Midlands Police

Dear Parents/Carers and Students,

RESTORATIVE APPROACHES – REMINDER FROM WEST MIDLANDS POLICE

We are aware that conflicts can occur in the school setting, between students, which can evoke a strong emotional response within the students themselves, and also their wider family. It's important that this emotional response doesn't escalate matters into incidents of violence either within school or out in the wider community.

You should already be aware that, as part of our safeguarding arrangements, the school has a two-way information sharing agreement in place with West Midlands Police, and we are also active members of the local Police & Schools Panel. This joint approach helps us to intervene early to prevent and reduce crime and anti-social behaviour involving our students; provide additional support, and up-to-date safety messages.

In partnership with the police, we would like to remind our parents/carers and students about the following: -



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- **Tell Somebody:** If you have concerns that you, or a member of your family, are being targeted with threatening or abusive language/behaviour, either face to face or via social media, speak with the school to share these concerns at the first opportunity.
- **Help to Resolve Matters:** There are a range of options to support you with this, including speaking with our *School Intervention & Prevention Officer from the Police*, who can listen to your concerns and offer advice on formally reporting the matter, accessing additional support, or arranging a restorative conversation to look at possible resolutions agreeable to both parties, without the need for further police intervention.
- **Taking Matters into Your Own Hands:** We understand that receiving abuse of any kind can be deeply unpleasant/upsetting for many of us, and it is only human to have an emotional response to such things. However, by acting on these emotions you could further escalate issues, and quickly find yourself out of your depth - We want everyone to keep themselves safe and avoid getting a criminal record wherever possible.
- **Social Media:** Don't allow your use of social media to put you at risk of grooming, exploitation, or regret in the future. Use social media positively and avoid being negative about anyone online as comments/actions may be traced back to you and you will be held accountable.

Whilst we hope that everyone enjoys safely socialising with friends and family, we also want to ensure they feel confident to keep themselves safe and away from any harm. Additional information on keeping safe can be accessed from the following links: [ONLINE SAFETY | policeandschools.org.uk](https://policeandschools.org.uk) | [BULLYING | policeandschools.org.uk](https://policeandschools.org.uk) | [RESTORATIVE APPROACHES | policeandschools.org.uk](https://policeandschools.org.uk)



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