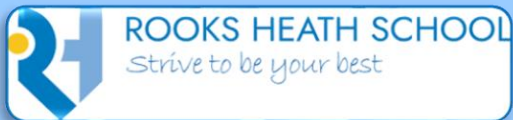


# SAFEGUARDING NEWSLETTER



Summer 2024 – Issue 4

Latest advice for parents and carers



Welcome to the latest edition of our Newsletter from the Rooks Heath Safeguarding Team. The aim, as always, is to bring you all the latest, relevant help and advice on issues we feel are of importance. In this issue, we focus on the latest NCA alert that has been reported recently in the news and social media. A reminder of the dangers of 'edibles' together with helpful support and advice during the examination period, which has also coincided with Mental Health Awareness week.



*Have a safe and restful half term holiday, hopefully the weather will be favourable!*

## URGENT SAFEGUARDING ALERT



### FINANCIALLY MOTIVATED SEXUAL EXTORTION

**BE AWARE.  
RESPOND.  
REPORT**

Globally there has been an increase in reports of children and young people being victims of financially motivated sexual extortion, often referred to in the media as 'sextortion'. The National Crime Agency's CEOP Education have issued an alert in education settings across the UK in response to this threat. The alert will help professionals/carers to:

- **Recognise and understand financially motivated sexual extortion**
- **Raise awareness and help seeking behaviours amongst children and young people**
- **Give suitable messaging and support to parents and carers**
- **Support victims of financially motivated sexual extortion**

Financially motivated sexual extortion involves children and young people being forced into paying money or meeting another financial demand (such as purchasing a pre-paid gift card) after an offender has threatened to release nudes or semi-nudes of them. It is a type of online blackmail and also a form of child sexual abuse. Financially motivated sexual extortion is usually carried out by organised crime groups based overseas who are typically motivated by money. These groups target all ages and genders however, a large proportion of cases have involved male victims aged 14-18.

Please click the links for an essential guide of advice and sextortion explained more in depth, together with tips on having difficult conversations and how to report incidents.

[nca sextortion alert eng.pdf \(ceopeducation.co.uk\)](#)

[Safeguarding Alert: Financially Motivated Sexual Extortion - Ineqe Safeguarding Group](#)

## EDIBLES – URGENT REMINDER

An important reminder on the dangers of 'Edibles', especially with the half term approaching. Please be vigilant with any packages that may be delivered to home, or empty wrappers found in bags or clothing. Unfortunately, Edibles can be easily obtained off the internet in often very similar packaging to that of sweets that are safe and regularly sold in a wide range of shops.

### What are Edibles?

Edibles is the term used to refer to any type of food products that contain cannabis (THC). Cannabis can be infused in chocolates, gummies and even juices! While these products are usually marketed towards adults, they pose a particular concern, as they are both visually appealing and taste good to children and adolescents.

### What can happen if my child eats an Edible?

If your child consumes a product containing THC, they may develop symptoms such as:

- Excessive sleepiness
- Fast heart rate
- Difficulty breathing
- Feelings of anxiety, panic, or paranoia
- Nausea or vomiting
- Dizziness or weakness
- Poor co-ordination
- Seizures or coma (in rare cases)



For lots of helpful advice or raising concerns about a child or friend, please click link below which will take you to the Talk to Frank website.

[talktofrank.com/get-help/concerned-about-a-child](https://talktofrank.com/get-help/concerned-about-a-child)

**Remember, in an emergency call 999, PLEASE BE VIGILANT**

## CLICK BAIT – EXPLAINED

Around one in five headlines online are clickbait. Clickbait is content designed to influence you to visit a page, video, or image online. They usually have outrageous and misleading headlines, scripts, or images. This kind of content is hard enough for adults to resist. It can be even harder for children, who are still developing the skills to stay focused and consider the consequences of their actions.

Many platforms use a clickbait strategy to make money. This is because ad networks allow apps and websites to earn money from the number of views that their ads receive. Their business model encourages ad-supported networks to create clickbait content. The more shocking the story, the more views they collect, and the more money they make. This can also spread misinformation, fake news, and propaganda.

There's still plenty that can be done though to limit its influence – especially in relation to young people, who are often more susceptible to sensationalist headlines. The #WakeUpWednesday guide details the potential hazards around clickbait and has expert tips for avoiding them.



# What Parents & Educators Need to Know about CLICKBAIT

## WHAT ARE THE RISKS?

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

### HARMFUL MISINFORMATION

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.

### INAPPROPRIATE CONTENT

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.

### HIDDEN MALWARE

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it does redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.

### PRIVACY PROBLEMS

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.

### A DRAINING DISTRACTION

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, social and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.

### IMPACT ON BEHAVIOUR

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

## Advice for Parents & Educators

### START A CONVERSATION

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.

### PROMOTE CRITICAL THINKING

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them to become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.

### SPOT THE TELLTALE SIGNS

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as "8 Facts You Won't Believe Are True". Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.

### TAKE CONTROL

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

### Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, she is now a freelance technology journalist, editor and consultant who writes for Forbes, TechRadar and Wired, among others.



#WakeUpWednesday

The National College

# 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

## 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

## 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

## 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

## 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

## 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

## 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

## 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

## 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

## 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

## 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



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## EXAM STRESS – TOP TIPS AND ADVICE

The exam period is upon us once again, whether it is Yr 11's, who are currently in the middle of sitting their GCSE's, Yr 10 Mock exams, which are due to take place in June/July or lower year groups, who will be sitting their end of year exams in June. The pressure to succeed and not let our loved ones - or ourselves – down can sometimes manifest in ways that are harmful to children's mental and emotional wellbeing. We want to make sure that you and your children are well prepared for these pressures, below are some useful tips and links to help you support your child through this stressful time.

How you can help young people get through exams?

- **Encourage them to rest** – because it's just as important as revising.
- **Show them mindfulness exercises** – to help settle nerves and anxiety such as [box breathing](#), [progressive muscle relaxation](#), [54321 technique](#)
- **Practice active listening** - so they feel heard, supported and validated.
- **Be realistic** – Encourage doing well but put things into perspective. Young people are worth a lot more than numbers on a piece of paper.
- **Seek support** – If they're really struggling, speak to a young person's school college or university about [access arrangements](#)

[Navigating exam season resources - Place2Be](#)  
[Exam Stress Tipsheets \(place2be.org.uk\)](#)



### MENTAL HEALTH WEEK 13-17<sup>TH</sup> MAY 2024

This year's theme is "Movement: Moving more for our mental health".

Find out what their favourite way of moving is whether it is football, dancing or going for a walk. Research shows that going outside has positive effects on our mental wellbeing. Show a good example by going with them, setting small achievable goals, supporting, and celebrating them when they meet their goals and make progress, will only help to keep them motivated to continue.

Check the link for more resources [mentalhealth.org.uk/mental-health-awareness-week](https://mentalhealth.org.uk/mental-health-awareness-week)

## ENERGY DRINKS – WHAT ARE THE RISKS?

Almost a third of children in the UK consumes energy drinks at least once a week. While these high-caffeine beverages might be touted as a shortcut to a boost in focus and productivity, even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing.

With celebrity spokespeople, colourful branding and the potential added element of peer pressure, it's not surprising that young people are sometimes drawn to these products, often unaware of the potential negative impact they might be having on mind and body. The information sheet delves into the various health pitfalls of energy drinks and offers expert tips on addressing concerns.

*As an aside, a gentle reminder that energy drinks, fizzy drinks, large cartons of fruit juice are not permitted in school and will be confiscated if seen.*



# What Parents & Educators Need to Know about **ENERGY DRINKS**

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



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Source: See full reference list on guide page at [nationalcollege.com/guides/energy-drinks](http://nationalcollege.com/guides/energy-drinks)

# SUPPORT FOR CHILDREN AND FAMILIES

## HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Holiday Activities and Food programme (HAF) provides healthy food and enriching activities to children and young people, with free places available for those who receive free school meals. It's available during the Summer, Easter, and Christmas school holidays.

School holidays can be a particularly difficult time for some families. This free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends, and eat healthy meals.

For information, please contact your local council. [Find out more here](#)

## CHILDCARE OFFERS FOR PARENTS

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

With school holidays upon us, it is more important than ever that parents and carers are able to access the financial support they qualify. You could be entitled to:

- Up to £2,000 a year of Tax-Free Childcare per child
- Help with up to 85% of their childcare costs for children up to 16 with Universal Credit.
- 30 hours of free childcare for 3 and 4 year olds

More information please see below:

[childcarechoices.gov.uk](http://childcarechoices.gov.uk)

## CNWL All Age Single Point of Access (SPA)

The CNWL SPA has expanded its service to include under 18-year olds!

CNWL Single Point of Access is a 24hr telephone service for children, young people and adults who may be experiencing a mental health crisis.

The crisis line provides an opportunity to talk to mental health practitioners who specialise in child, adolescent and adult Mental Health.

The crisis line also provides advice and information for families, carers and professionals concerned about a person who may be experiencing a mental health crisis.

### Contact us:

**In a mental health emergency, you can contact us via our single number:**

**Freephone: 0800 023 4650**

**We are open 24 hours a day, 7 days a week, 365 days a year**



**NHS**

Central and  
North West London  
NHS Foundation Trust



Please avoid visiting hospital A&E (Accident and Emergency) departments unless you have a physical health emergency. The number above will connect you to an adult mental health or children and adolescent mental health practitioner depending on your needs.

If you are or you are with someone who requires urgent medical attention call 999.

If you or anyone with you is at serious risk of harm, call 999 and ask for the police.

There are also many useful links to local support and resources on our [service](#) and [resources](#) pages. For example [Kooth](#), an on-line, free and confidential counselling and emotional wellbeing support service for children and young people.



# Harrow's new mental health partnership for 5–25 year olds

A wide range of **FREE** new mental health services and resources for young people aged 5–25 is now available in Harrow – from 19 local organisations!

**Counselling, workshops, mentoring, art therapy, peer support, training for professionals, and much more!**

**Scan the QR code to search or visit:  
[www.youngharrowfoundation.org/HarrowMHP](http://www.youngharrowfoundation.org/HarrowMHP)**







# PARENTAL ON-LINE SAFETY TIPS

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

## Online gaming

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

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

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

## Sharing images and videos

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

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

## More information?

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

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

## Steps you can take to help keep your child safer online

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

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

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

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

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

# DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT



## Urgent mental health support - 24/7 crisis lines

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](mailto: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

Essential support for under 25s

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

### Beat

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

### kooth

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

## SCHOOL COUNSELLOR

Another support service that we have based in school, is our school counsellor, Mrs Geoghegan.

The aim of the service is to provide a confidential Counselling Service for our students with social, emotional, and behavioural concerns to enable them to perform to their potential. This will help to improve attendance and therefore allow students access to the curriculum and improve attainment levels. The service will also provide our students with confidence and resilience which in the long term will improve their life chances.

### SUPPORT BEING OFFERED TO OUR STUDENTS

- 1:1 counselling
- Group Therapy
- Multi Systemic

## SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



Our Safer Schools officer facilitates Drop-in sessions weekly on Thursdays between 9.30am and 12.30pm. This service provides another vital support link for our students, parents and carers.

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.

Thursdays  
9.30am-  
12.30pm

## WELLBEING SUPPORT



Digital Mental Wellbeing website that has various support for young people, parents and carers, employers, and employees.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below for more information.

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

### MIND HARROW

Useful directory of subjects that you may require support for

[Mind in Harrow Mental Health Information Directory - Subjects](#)

## CONVERSATION CAFÉ

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

### Opening times:

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

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

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

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

### WARM HUBS IN HARROW

Warm Hubs are warm, safe places where residents can expect a friendly and inclusive welcome.

There are various locations around the borough.

[Find your nearest Warm Hub](#)

**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/>

## PARENTAL SUPPORT

YOUNG  
MINDS

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

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

## CHILDNET – SEND CHILDREN

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

[Parents and Carers Toolkit | Childnet](#)

## PARENTING SMART (Place2Be)

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

Advice can be found on over forty topics inc:

***Understanding sibling rivalry***

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

***My child has trouble going to sleep***

***My child says, 'I hate you!'***

***Cultural identity: who am I?***



The Parenting Smart website can be found here:

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

## HelpHarrow

### Help Harrow Digital Product

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

### Help Harrow Key Points:

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

### Key Benefits to Helpharrow.org Users:

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

### Who is Help Harrow for?

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

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

## EAL RESOURCES FOR ONLINE SAFETY

Leaflets available in other languages here

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

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



## HELPING LOCAL PEOPLE IN CRISIS

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

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

### To Get in Touch

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

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

## SAFEGUARDING TEAM

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

The team consists of the following members:

**Designated Safeguarding Lead -**  
Ms S Rockell

**Deputy Designated Safeguarding Leads –**  
Ms V Cobblah-West  
Miss L Dale

**Safeguarding Team -**  
Ms H Pugh

**School Counsellor**  
Mrs Lara Geoghegan

If you wish to report a concern to us please use the link here [Raising a concern](#)



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

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

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

## ARE YOUR CONTACT DETAILS UP TO DATE?

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

Thank you!

**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

