



Keeping our community safe: Safeguarding at Honywood School



Welcome to the March edition of our monthly safeguarding newsletter. Each month we provide an update containing reminders about how we approach safeguarding at Honywood as well as useful links to support families out of school - many links we share each month so they are easy to find for you. If you have a question about safeguarding our hope is that our monthly bulletins will be able to provide the answer or at least some signposting to where you may get the answer. This month our focus is on Knife Crime.

Need to Talk, share a concern or ask a question?

Who can learners talk to at School?	
<ul style="list-style-type: none">• Learning Group Leader• Cohort Leaders• Pastoral Leaders• Class teachers• Learner Reception• Learning Support Assistants• Learner Wellbeing App on iPad	<ul style="list-style-type: none">• Senior Leadership Team• Mrs Nichols - Safeguarding Lead• Mrs Hickford - Deputy Safeguarding Lead• Mr Caygill - Deputy Safeguarding Lead• Mr Robertson - Attendance & Welfare Officer

			
Mrs Nichols	Mrs Hickford	Mr Caygill	Mr Robertson

Learner Information

Please refer to the Honywood Wellbeing app on your school iPad, link below
<https://sites.google.com/honywoodschool.com/learnerwellbeing/home>

If you need Wellbeing & Mental Health support out of school, please contact:

YOUNG MINDS - text YM to 85258, or <https://youngminds.org.uk/find-help>

Kooth - your online mental wellbeing community <https://www.kooth.com/>

Child and Adolescent Mental Health Service

0300 300 1600 to get in touch directly. For the out of hours crisis support, please call the general NELFT switchboard on **0800 953 0222**. and ask for the CAMHS Crisis Support Service

Childline 08001111

Weekly Bullying and Child on Child Abuse reporting form

All learners and parents receive a weekly email link and reminder that if they have any concerns about the behaviour of any learners in school that could be considered bullying and/or child on child abuse, they may report it using the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSfs8npY9aDQcY3WsRttFcl5PB0NGPaBgKR4aRdtWdrHlogNWQ/viewform>

If you have any questions about the form before completing it please feel free to email me scaygill@honywoodschool.com. Similarly if you have any feedback regarding the structure/questions of this form please do share this too as the form could evolve over the coming weeks with any feedback shared.

Parents/Carers

For support and information please contact:

For information about support for children, young people and families please see the [Essex County Council website](#).

If you are a parent or carer, child or young person and you need support, you can phone 0345 603 7627 and ask for the Children's Line.

Useful General Policies

Safeguarding Policy

<https://www.honywoodschool.com/page/?title=SAFEGUARDING&pid=146>

KCSIE September 2022

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=318&type=pdf>

Knife Crime - The Law

Below outlines the laws around carrying a knife and offensive weapons:

- It is an offence to carry a knife* in a public place (such as a road or in a school) or to carry any article which has a blade or is sharply pointed.
- It is also an offence to carry an offensive weapon in a public place. This includes any article made, adapted or intended for causing injury as detailed below:
 - Made: Made to cause injury, such as a knuckle duster or bayonets
 - Adapted: Something innocent that has been adapted to cause injury, such as a broken bottle or a chair leg with nails
 - Intended: Anything else, such as an umbrella or pen that is intended by the person to be used to cause injury to others
- Carrying a knife includes: in your hand, a pocket, in the boot of your car or if someone else is carrying a knife for you.
- Exceptions include if you are carrying the knife as part of your job, such as a tool for a trade. However, forgetfulness, ignorance to the law or general self defence are not reasonable excuses if you are caught carrying a knife.
- It is an offence to use any knife in a threatening way (even a legal knife)
- It is also an offence to sell a knife to anyone under 18. If you are concerned that your child has been sold a knife, you can contact the Citizen's Advice Bureau to report the trader to Trading Standards.

* Unless it has a folding blade 3 inches long or less. A list of illegal knives can be found here: gov.uk/buying-carrying-knives

Understanding your child

Why would young people join a gang?

There are lots of reasons why young people might join a gang, which as a parent you may not understand. Some of the reasons are listed here:

- Respect and status
- To gain friends
- A sense of belonging
- Excitement
- To find a substitute family
- Power
- Protection
- Money
- Peer pressure

They might not know they are part of a gang. For lots of young people, being part of a gang gives them a sense of belonging and identity. In adolescence it's normal to start separating from your family with peer groups becoming more important than before. Gangs can take advantage of this and make young people feel part of a different 'family' so they might not want to leave. Even if they do, leaving or attempting to leave can be a really scary idea. They might be frightened about what will happen to them, their friends or their family if they leave. Often young people will not consider themselves to be part of a 'gang' but just that they have strong commitment to their 'friends'.

Young women and young men are often affected differently by gangs. For young women their involvement may be harder to spot – or for them to recognise. They may be asked to hide weapons or drugs, or be targeted by male gang members in acts of revenge or gang initiations. All of this tends to go on 'behind closed doors'. Girls who are linked to gang members (sisters, girlfriends, friends, cousins, daughters) as well as female gang members themselves, are at risk of emotional, physical and sexual violence. Again young women might not consider these friends to be gang involved, or if they do, they might not think that what they are doing is important or exploitative.

Why would young people carry a weapon?

There are many reasons for children to decide to carry a knife or weapon. This list is not exhaustive but gives some examples:

- Fear of being a victim of knife crime – it could have been a specific threat, or a perceived fear
- General self-defence – the 'just in case' reason
- They don't know it is wrong or illegal
- To intimidate others (by way of protection)
- Peer pressure
- To earn respect
- Street cred
- They may feel disenfranchised
- Involvement in criminal activities

MYTH

OR

FACTS

Carrying a knife provides a person with protection



It has been proven that if you carry a knife, you are more likely to be hurt or threatened by someone else. People are often wounded by their own knife they were carrying, putting them at greater risk.

Most young people carry knives



Actually, 99% of young people DO NOT carry knives. Sometimes it may feel like more people carry knives because of stories they've heard, or what they have seen online, on social media or in the news.

If it is illegal to carry a knife, then other sharp objects can be carried for protection



Any sharp object that is being carried with the intention of using it in a threatening way could be classed as an offensive weapon.

There are safe places on the body to stab someone



Any stab wound could be fatal for a number of reasons. For example, major arteries run across the whole body. If a major artery is severed, that person will bleed very quickly and it could be fatal within 5 minutes.

Grooming

What is grooming?

Some people form relationships with young people to use them for their financial gain through drug dealing or to participate in sexual activities. People who do this want young people to think they are a friend, or a boyfriend or girlfriend. They want to gain their trust to obtain power over them. They might also use bribes, threats, humiliation and even violence to get power over them. They use

that power to force the exploited child to move and sell drugs, and to have sex, or do sexual things with them, and sometimes other people.

These are forms of exploitation and are crimes.

Online grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual. This can happen on social networking websites, instant messaging, photo sharing apps, chat rooms, dating apps and online gaming sites.

Exploitation happens to both boys and girls and can be difficult to spot. Often people think they're in a good relationship, even after things have turned bad. Children being criminally exploited often feel they have no other option but to continue working for their exploiter and often find themselves in debt slavery. It can be hard to spot when someone is using or controlling you.

What are controlling behaviours?

- Someone is checking their phone and controlling who they talk to
- Someone is telling them what to wear and how to dress
- They are being told where they can and can't go
- They are being told to send a nude selfie to someone
- They are being pressured to commit crime
- They are being pressured to have sex
- They are being physically attacked

Having the conversation with your child

Getting started:

Find the right time for your child, when it is quiet and you can have some privacy. The conversation needs to take place wherever they feel safest. If home is crowded, you could talk in the car, walking the dog or on the way to the shops. Be available and ready to listen. Reassure them that they can be honest with you and let them know you are not there to judge them. Believe you can make a difference

- Your child might not tell you much but what you say, think and feel is important to them. Listen
- While we often want to 'resolve' our children's problems, this is complex and takes time. Listening is the most important step – for both of you. Even if they aren't saying much, make sure you 'hear' them.
- Don't rush to give advice that they might not be ready to hear.
- Your child may be reluctant or scared to talk at first – it's a difficult subject.
- Be patient and try not to react straight away to what they tell you. Let them talk as much as they want to first.
- Encourage them to share their fears and worries.
- Sharing your own fears can help – tell them how much you worry about their safety and their future. Be Positive
- Show them they are being listened to. Reassure them that the vast majority of young people don't carry a knife and aren't part of a gang.

- If they are fearful of someone or something specific, tell them that it can be dealt with without the need for them to carry a knife. Stick to the facts
- They might not think you know what you're talking about so a little preparation can really help.
- Use the facts and law information in this toolkit to help you. Be clear about false 'bravery'
- Raise the point that walking away from confrontation or a fight is the braver thing to do. If someone pulls a knife on them, the safest, wisest thing to do is to walk away. In ten years time, nobody will remember they walked, but if they 'stand their ground' the consequences could last a lifetime or even end someone's life. The impact
- Help them reflect on how their actions could affect the people that care for them the most.
- Using a knife or being involved in a gang could place others at risk.
- If they were injured, who would be affected? Be realistic
- Your child may feel you have no experience of knife crime, gangs or the challenges they face.
- Are there any examples from your own childhood that you can draw upon?

Practical Tips

Below are some practical tips to help you to understand whether your child needs help or support. Most young people live positive lives and some behaviour can just be typical teenage behaviour. However, the tips below may help you to recognise whether your child is at risk.

- Keep engaged with your kid's lives and social media
- Know where they are and who they are with – do they have a new circle of friends?
- Are they in a relationship with or hanging out with someone/people that are older and controlling?
- Are they becoming less engaged with you?
- Are they receiving more calls or texts than usual?
- Do they suddenly have lots of money/lots of new clothes/new mobile phones? • Do they have unexplained injuries?
- Do they seem very reserved or seem like they have something to hide?
- Do they seem scared?
- Are they self-harming?
- Are they skipping school?
- Know what you have in the kitchen and in toolkits
- Keep an eye out for any online purchases and what is delivered to your home
- Increasing drug use or being found to have large amounts of drugs on them
- Are they always going missing from school or their home?
- Are they travelling alone to places far away from home?

Of course, there could be all sorts of reasons other than 'gangs' why children and young people exhibit any of the above behaviours and the checklist above is the kind of thing that most parents will be aware of and watching for. You know your child and what are significant changes for them. Remember the most protective factors for your children will often be their family/carer relationships. If you are worried you can contact the numbers on the 'Where to find support' page at the end of this guide.

County Lines

What do we mean by County Lines?

County Lines is a serious issue where criminal gangs set up a drug dealing operation in a place outside their usual operating area. Gangs will move their drug dealing from big cities to smaller towns in order to make more money. The 'lines' refer to the phones that are used to sell the drugs through. In some cases children and young people who are registered as missing are being used in county lines.

Gangs exploit the fact that they have run away from home and recruit these vulnerable young people to travel to areas away from their home town to sell drugs for weeks at a time. This can be a form of child trafficking as young people find themselves alone, in a dangerous unsafe environment being exploited to work – selling drugs.

They are likely to exploit children and vulnerable adults to move (and store) the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) and weapons.

General Mental Health Advice & Support for Parents

This May Help

<https://thismayhelp.me/>

This May Help is a website that has been created to support parents and carers with concerns about their child's mental health. The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

Young Minds

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

NHS Website

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

The NHS website has information on many different challenges faced by young people. Find advice and support for parents who have children or teenagers with mental health Problems.

Anna Freud

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Anna Freud Centre produced a series of expert podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

Self Harm/Suicide Advice & Support for Parents

Papyrus

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health. The aim of this guide is to provide information and guidance and to help parents cope with a young person who is struggling with thoughts of suicide. To reassure them that they are not alone.

Oxford health

https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available

Spending time with your teen - Advice for Parents

Ministry of Parenting

https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?_ga=2.80853471.917799071.1676377386-1296894209.1676377386

It can be difficult to find ways to give teens positive attention. Now that they've outgrown a lot of childhood activities, it may be more difficult to find family activities they are interested in. Here are 10 ways to create quality time to spend with your teen, even if it's just a few minutes each day.

Exam Stress Advice for Parents

Family Lives

<http://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress>

Exam time can be very stressful for everyone in the family as your teen may be feeling anxious and under pressure, this 8-minute read talks you through some ways parents can support.

LGBTQ+ Advice for Parents

All Sorts Youth

<https://www.allsortsyouth.org.uk/what-we-do/faq-for-parents-carers>

Allsorts Family Support Service emerged in 2013 in response to the need for parents/carers of children and young people who are Lesbian, Gay, Bisexual, Transgender or exploring their sexual orientation and/or gender identity (LGBT+), to connect and provide each other with support, community and friendship. They also have a FAQs for Parents/Carers to help advice and gain understanding and insight.

ASD and ADHD Advice for Parents

You Tube series by Oxford Health:

<https://www.youtube.com/playlist?list=PLKw7kjGJdcXCiene7r3m8qYSN2T8Vxb1K>

This animated series is for parents of neurodiverse children and young people. The experiences portrayed in the animations reflect the real-life experiences of children, young people and families who use the service. Real-life practical strategies are mentioned in an animated story format to help parents of children with ADHD or autism manage common experiences they face at home.

Autism Anglia:

<https://www.autism-anglia.org.uk>

An independent charity that provides support to autistic children, adults and families in east Anglia.

SNAP

www.snapcharity.org

A voluntary organisation based in Brentwood offering support to parents and carers of children with any special need or disability

The Maze Group

www.themazegroup.co.uk

Based in Ipswich this support group offers courses to help parents understand their child's diagnosis and their additional needs

Bereavement Advice for Parents

Childhood bereavement network

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/bereaved-children-and-families/resources-families>

Resources that may help you or your family with a bereavement

Winstons Wish

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Winston's Wish offer a bereavement service by way of advice, guidance and bereavement support to children, young people, and families before and after the death of a parent, sibling or other important person. On their website you will find guidance on topics including, support for grief and loss.

Recommended Reading

Helping Your Anxious Child – Ronald Rapee

Breaking Free from OCD: A CBT Guide for Young People and Their Families – Jo Derisley

Parenting a Child with Emotional Behavioural Difficulties – Daniel Hughes

Depression: A Teen's Guide to Survive and Thrive – Jacqueline Toner Claire Freeland

<https://www.socialworkerstoolbox.com/parents-guide-youth-violence-knife-crime-gangs/>

https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf

Safeguarding Support Resources for Parents

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by post-16 learners and their parents in Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

Parent zone - County Lines:

<https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

Parent zone - Sleep Advice:

<https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line Family Support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

Key Contacts in School

Please see the key contact list below to support you to address any concerns.

Leadership Team

Mr Saunders	Headteacher	jsaunders@honywoodschoo.com
Mr Munro	Deputy Headteacher	jmunro@honywoodschoo.com
Mr Caygill	Deputy Headteacher	scaygill@honywoodschoo.com
Mrs Hickford	Deputy Headteacher	jhickford@honywoodschoo.com
Mrs Downes	Assistant Headteacher	pdownes@honywoodschoo.com
Mrs Bansropun	Assistant Head	abansropun@honywoodschoo.com
Mr Smith	Assistant Head	dsmith@honywoodschoo.com
Mr Williams	Assistant Head	jwilliams@honywoodschoo.com

Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	knichols@honywoodschoo.com
Mr Robertson	Attendance Concerns	crobertson@honywoodschoo.com
Mrs Loydall	Medical concerns	medical@honywoodschoo.com

Cohort Leaders

Cohort 7	Mrs Reece	ereece@honywoodschoo.com
Cohort 8	Mr Hall	shall@honywoodschoo.com
Cohort 9	Ms Ward	tward@honywoodschoo.com
Cohort 10	Ms Martin	amartin@honywoodschoo.com
Cohort 11	Mr Scott	dscott@honywoodschoo.com

SEND team

Mrs Vaughan	SENCO	cvaughan@honywoodschoo.com
Mr Wood	Deputy SENCO (Autism Hub)	mwood@honywoodschoo.com