



# Keeping our community safe: Safeguarding at Honywood School



Welcome to our last monthly safeguarding newsletter of the school year. 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 the topic of child exploitation.

## Who can learners talk to at School?

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| <ul style="list-style-type: none"><li>• Learning Group Leader</li><li>• Cohort Leaders</li><li>• Pastoral Leaders</li><li>• Class teachers</li><li>• Learner Reception</li><li>• Learning Support Assistants</li><li>• <a href="#">Learner Wellbeing App on iPad</a></li></ul> | <ul style="list-style-type: none"><li>• Senior Leadership Team</li><li>• Mrs Nichols - Safeguarding Lead</li><li>• Mr Smith - Deputy Safeguarding Lead</li><li>• Mrs Hickford - Deputy Safeguarding Lead</li><li>• Mr Caygill - Deputy Safeguarding Lead</li><li>• Mr Robertson - Attendance &amp; Welfare Officer</li></ul> |
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Mrs Nichols



Mr Smith



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](mailto: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>

# Child Exploitation

Every year, thousands of children in the UK are exploited. Some have been groomed into county lines drug trafficking, others face sexual abuse in their own communities. No matter the form of child exploitation, the language we use to talk about young people can often decide if they are kept safe or put more at risk. Here we look at how exploitation has changed over the years and how we can break the cycle of abuse.

## Child Sexual Exploitation (CSE)

Child Sexual Exploitation (CSE) is a type of sexual abuse, when you are made or tricked into doing something sexual - sometimes receiving something in return like love, affection, money, drugs or alcohol.

### Resources:

[Faceup2it](#) - information and advice about CSE for young people, developed by young people.

[Disrespect Nobody](#) - campaign about healthy relationships and respect.

[Barnardos - Real Love Rocks](#) - raising awareness around Child Sexual Exploitation and what a healthy and safe relationship is.

## Criminal Exploitation

Criminal Exploitation includes gang crime and county lines. A gang may claim control over territory in a community, and engage either individually or collectively in violent behaviour or other types of criminal activity.

County lines is when gangs and organised crime networks groom and exploit children to sell drugs. They may make you travel across counties, and they use dedicated mobile phone 'lines' to supply drugs.

If you have any concerns about someone being pressurised to engage in county line activity and want to help them to get out of that lifestyle the websites below can offer support. You can report exploitation (of yourself or a friend) to the Police on 101 or anonymously to Crimestoppers on 0800 555 111. If you're on a train or in a station you can text British Transport Police on 61016.

### Resources:

[Operation Henderson Campaign](#) - raising awareness of the risk of exploitation on public transport

[Essex County Lines Campaign](#) - helping young people to recognise the signs and where to go for help.

[Gangline](#) - provides help and support to young men and women involved in gang culture.

[You & Co youth programme](#) - Coping with the effects of crime together

[Stop It Now!](#) – for anyone who is concerned about their own behaviour or the behaviour of others

[ThinkYouKnow](#) – advice and support from the National Crime Agency

### Videos

[Essex Police video featuring Junior Smart \(St Giles Trust\) - talks about his experience leaving a gang.](#)

[Is she legal? - YouTube](#)

[A Bad Romance: A Live Snapchat story - YouTube](#)

[Your special teenage brain](#)

## Trafficking/modern slavery

Trafficking is where children and young people are tricked, forced or persuaded to leave their homes and are moved or transported and then exploited, forced to work or sold.

It can happen to anyone. You could only be taken next door or down the road – it's still classed as trafficking.

### Resources:

[Modern Slavery helpline](#) - You can call the 24/7 Modern Slavery Helpline on 08000 121 700, for free support. They will offer you advice on your situation and on your options for getting out of it if you want to.

[Advice for Young People](#) - A leaflet produced by the NSPCC Child Trafficking Advice Centre (CTAC) Young People's Advisory Group

## Online Exploitation

Being aware of the risk of technology, social media and the internet can play a massive part in helping you stay safe and avoid online exploitation, abuse or bullying. Check out our [staying safe online page](#) for information on privacy settings, what to do if you receive indecent images and how to game online safely.

### Resources:

[Think U Know](#) - Online safety resources

[Marie Collins Foundation Steering clear of Indecent Images of Children – helping young men to stay safe online](#) - This campaign aims to protect victims from online sexual abuse by guiding young men away from illegal content and driving awareness of the law so they can navigate their online environment safely and legally.

## Consent

Consent means agreeing to do something. When it comes to sex, this means someone agreeing to take part in a sexual activity. Any sort of sexual contact without consent is illegal whatever the age of the people involved. If someone does not give consent and a person still engages in a sexual act with them, this is sexual assault or rape. [More information on consent.](#)

## Say no to nudes

If you know someone who has ever been asked to send photos of themselves that they're not comfortable with, and they don't know how to respond, there's a great new app to help. [Zipit](#) has a load of images and animations which can be sent in response to deal with a situation before it gets out of hand, and it stops you being put in an awkward position. Check out [Molly's video](#) on how to handle the pressure of being asked for nudes.

### Resources:

The Home Office has [published guidance](#) to help young people understand the law on nude - take a look at the [Is she Legal? Video](#)

### What should you do if you come across nude images?

If you stumble across nudes of children under 18 online, you can help by reporting it to the [Internet Watch Foundation](#).

## Where you can get help

### [Stop It Now! Child sexual abuse helpline - The Lucy Faithfull Foundation](#)

This is a helpline for anyone worried about their own, or another person's (adult or child) sexual behaviour or sexual interests.

[CEOP 11-18 Website](#) - The internet, relationships & you. The new 11-18s website offers information and guidance which is appropriate and relevant to the experiences of young people aged 11-18.

[Missing People - exploitation and county lines](#) The Missing People helpline 116000 is also Free and confidential. The helpline is open 7 days per week, between 9am and 11pm. If you are missing, thinking of going missing, or someone you know is missing, they're there for you. You can call or text them, even if you have no credit on your mobile.

## Mental Health Support Resources for Parents

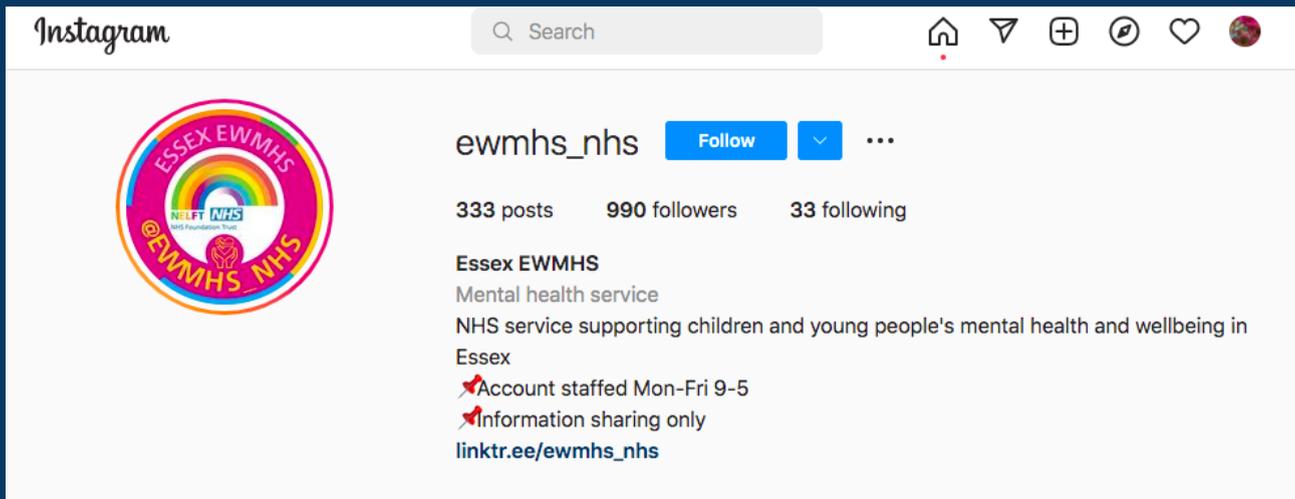
**Exam Stress.** The following link covers a wide-range of tips to keep students mentally healthy.

### **Supporting Your Child during Exam Time (Young Minds)**

[Exam Time & Exam Stress | Parents Guide To Support](#)

**Young Minds** <https://youngminds.org.uk/>

**EWMHS.** Emotional well being and mental health service have recently launched a new Instagram account to provide advice and support to young people experiencing mental health issues. Please encourage your children to follow the account where they will be able to access early intervention advice and support. [https://www.instagram.com/ewmhs\\_nhs/](https://www.instagram.com/ewmhs_nhs/)



**MindEd** is a free educational resource on children and young people's mental health for all adults: <https://www.minded.org.uk/>

Safe and reliable advice about young people's mental health, created by experts and parents together: <https://www.mindedforfamilies.org.uk/young-people>

**NHS** Mental Health Charities directory: [Mental health charities and organisations](#)

**Parent zone** - 10 mental wellbeing apps for all the family: <https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

**Gov.uk** [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

**Headstogether** - Changing the conversation on mental health: <https://www.headstogether.org.uk>

**The Mix** - Essential support for under 25s: <https://www.themix.org.uk/>

## 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](http://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](http://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](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>

## **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](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](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.

## 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.

<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 Munro	Deputy Headteacher	<a href="mailto:jmunro@honywoodschoo.com">jmunro@honywoodschoo.com</a>
Mr Caygill	Deputy Headteacher	<a href="mailto:scaygill@honywoodschoo.com">scaygill@honywoodschoo.com</a>
Mrs Hickford	Deputy Headteacher	<a href="mailto:jhickford@honywoodschoo.com">jhickford@honywoodschoo.com</a>
Mrs Downes	Assistant Headteacher	<a href="mailto:pdownes@honywoodschoo.com">pdownes@honywoodschoo.com</a>
Mirs Bansropun	Assistant Head	<a href="mailto:abansropun@honywoodschoo.com">abansropun@honywoodschoo.com</a>
Mr Smith	Assistant Head	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Williams	Assistant Head	<a href="mailto:jwilliams@honywoodschoo.com">jwilliams@honywoodschoo.com</a>

### Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	<a href="mailto:knichols@honywoodschoo.com">knichols@honywoodschoo.com</a>
Mr Smith	Safeguarding Officer	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Robertson	Attendance Concerns	<a href="mailto:crobertson@honywoodschoo.com">crobertson@honywoodschoo.com</a>

Mrs Loydall    Medical concerns                    [medical@honywoodschoo.com](mailto:medical@honywoodschoo.com)

### **Cohort Leaders**

Cohort 7	Mrs Reece	<a href="mailto:ereece@honywoodschoo.com">ereece@honywoodschoo.com</a>
Cohort 8	Mr Hall	<a href="mailto:shall@honywoodschoo.com">shall@honywoodschoo.com</a>
Cohort 9	Ms Ward	<a href="mailto:tward@honywoodschoo.com">tward@honywoodschoo.com</a>
Cohort 10	Ms Martin	<a href="mailto:amartin@honywoodschoo.com">amartin@honywoodschoo.com</a>
Cohort 11	Mr Scott	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>

### **SEND team**

Mrs Vaughan	SENCO	<a href="mailto:cvaughan@honywoodschoo.com">cvaughan@honywoodschoo.com</a>
Mr Wood	Deputy SENCO (Autism Hub)	<a href="mailto:mwood@honywoodschoo.com">mwood@honywoodschoo.com</a>