



Safeguarding and Wellbeing Newsletter

No 5 March 2022 - Latest advice for Parents and Carers

Welcome to the spring safeguarding newsletter. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

Since returning to school after the half term, many of us will have been watching the news and the unfolding crisis in Ukraine. It can be difficult to know how best to speak to children about war, therefore we have added some tips and guidance.

The Designated Safeguarding Lead (DSL) for child protection is: **Bernadette Frain-Atallah**

The Designated Manager for Allegations against Staff & Volunteers is: **Fiona MacCorquodale**

The Deputy Designated Safeguarding Leads (Deputy DSL) are:

Fiona MacCorquodale, Beverley Newman Simone De Juan, Aoife McMonagle and Eva Stokes and Nicola Cafferkey (holiday DDSL).

The Designated Teacher for children looked after (CLA) is: **Simone De Juan**

The Designated Governor for safeguarding and child protection is: **Helen Fentimen**

Invasion of Ukraine – how do we explain the crisis?

It's difficult to know what to do or say as a parent in response to the conflict in Ukraine. We ask ourselves many questions in trying to find the best ways to answer their worries and concerns. Even without direct personal connection to the conflict, it's natural that seeing all the footage coming out of Ukraine can be distressing.

- Do we cover it up and tell them it's all going to be fine?
- How can we do that when it's all over social media?
- How much should they know?
- How do you help them manage understandable anxiety around what they see on social media and the news?

The resources in the BBC Bitesize Parents Toolkit - [bbc.co.uk bitesize](https://www.bbc.co.uk/bitesize) will guide you in the best ways to respond to the natural curiosity and growing anxiety of our children at this terrifying time.

- Start by finding out what your child knows already
- Tackle the news head-on and talk about it openly and calmly
- Stick to the facts
- Educate them about reliable sources of information
- Encourage your child to ask questions and share their feelings
- Reassure them and let them know it's normal to be concerned
- Do something positive with your child

More information and guidance can be found here [Russia's invasion of Ukraine: parent information and support pack \(thekeysupport.com\)](https://thekeysupport.com)

[www.youngminds.org.uk parents tips](https://www.youngminds.org.uk/parents-tips)

Snapchat have recently announced the release of a new feature: Snapchat live location sharing. It will allow users to share their real-time location with friends via the app, expanding their existing Snap Map feature that launched in 2017.

What is a Snap Map?

The Snap Map is a location sharing feature of Snapchat, which uses real time location to show users where you are and what building you are in. It is not currently clear when the new live feature will be launched globally.

What is Snapchat Live Location Sharing?

The new Snapchat feature is essentially a virtual 'buddy system'. The feature is designed to be used by close friends and family who want to share their location. For example, if two friends are meeting up in a busy location, then Snapchat Live Location can help them to find each other easily. Location sharing should only be used with trusted friends and family members. However, it is possible that a young person could be coerced or pressured into enabling the feature with someone they don't know in person. Possibly when setting up a meeting with someone for the first time that they've met online.

For further information, tips see link below:

[Snapchat live location sharing - inege Safeguarding Group](#)

GUIDE TO NFT'swhat they are and their risks?

After just beginning to try and understand cryptocurrencies and Deepfakes and the risks, we have news for you – there is another online trend on the rise! The digital craze of NFT's has exploded in popularity the last few months and doesn't show any signs of stopping.

In simple terms, NFTs are unique digital assets that hold value. They are bought using cryptocurrency. NFT stands for 'non-fungible token'. As NFTs are non-fungible, they can't be split into parts and traded. If something is fungible, it means that it can be broken down into units and traded as an asset with another of the same type. A £20 note is fungible because you 'break it down' and use it to pay for things in smaller amounts.

NFT's come in the form of art, videos, photos and audio files. What makes NFTs different from standard digital art is the way they are bought, sold and owned.

NFT's are useful for online content creators who wish to sell 'one of a kind' ownership of their art or 'digital assets'. This exclusivity has helped them rise in popularity and become part of online culture. Celebrities, influencer and even public figures have been buying, selling and creating NFT's, making the concept even more popular. YouTuber Logan Paul made \$3.5 million in one day after announcing a limited run of 3000 NFTs.



For more information and advice click link below

[what-are-nfts-](#)



PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods over the last 18 months, learning from home was forced to be increased. This meant that young people were spending a lot more time on-line doing their schoolwork, gaming and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

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

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

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

Sharing images and videos

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

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

More information?

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

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

Steps you can take to help keep your child safer online

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

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

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

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

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

BUILDING RESILIENCE FOR YOUR CHILD

The Family Lives charity aims to offer all parents somewhere to turn before they reach crisis point. Crisis support, provided for over 40 years through their helpline, has always been at the heart of what they do. Family Lives also have an excellent website to help parents with the ups and downs of family life. For advice and useful tips about building resilience in children and teens can be download from here:

<https://www.familylives.org.uk/advice/your-family/wellbeing/building-resiliencein-children-and-teens/>

The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm on 0808 800 2222.



The website can be found here: <https://www.familylives.org.uk/>



WHATSAPP SCAM ALERT – BE VIGILANT!

There is currently a convincing WhatsApp scam in circulation responsible for some victims losing thousands of pounds.

The victims receive texts claiming to be from their son/daughter or other family member saying they have lost or broken their mobile phone, and that the number they are texting from is their new number. They then request financial help, asking money is sent urgently.

Some of the scam's victims have suffered a significant financial loss in addition to emotional upset.

Remember that on WhatsApp (like emails and phone calls) people are not always who they claim to be!



Advice for young people feeling down and unable to cope

Young Minds have a page dedicated to advice for people when they are struggling to cope. It covers a wide range of reasons why a young person might be feeling down or in need of support, as well as links to support services and tips to feel better.

See the webpage here – useful advice to signpost young people to.



DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT

Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS
PROVIDER OF YOUNG SUPPORT

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
Eating disorders

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

If you have any concerns about the safety and/or welfare of a child contact the Children's Services Contact Team. (CSCT) is the single point of contact for all services for children, young people and families in Islington who may need extra help and support. **If you are worried about a child, please phone the Contact Team in the first instance. 020 7527 7400 - Children's Services Contact Team and 020 7527 3366 - Disabled Children's Team**

Is a Digital Mental Wellbeing website that has various support for young people, parents and carers, employers and employees and faith and belief communities.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below to take you straight to the Parent and Carers section of the website.

Parents and carers | Good Thinking (good-thinking.uk) good-thinking.uk

EAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here

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

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

Remember Anna our school Bright Future's worker is available every Thursday from 9am until 11am.

Bright Futures

Everybody needs a little help sometimes.

If you're feeling worried about your child or would like to make a change in your life, we're here for you and your family.

Some ways we can help Get involved

We can:

- offer advice and guidance for parenting or family conflict
- help with your child's education and learning
- Help yours and your children's health and wellbeing
- Support and advise with training, employment and benefits
- Help you connect with support in your local community

Your feedback and input is really important to us.

Get involved by:

- Becoming a Bright Futures Parent Champion
- Telling us your ideas to design and deliver our services
- Help gather family feedback

Find out more

Call our helpline on
020 7527 4343
from 9am to 5pm, Monday
to Friday or email
early.help@islington.gov.uk



If you are you worried about:
Your child's behaviour, finances
and putting food on the table,
employment, housing, your own
mental health, or relationship
difficulties and want to talk about
these you can always speak to
Anna.