



# SAFEGUARDING

DECEMBER 2019  
ISSUE 2

Welcome to our Parent Safeguarding Newsletter Issue 2

We are committed to working with all our parents and students, to actively promote the safeguarding and welfare of all our students.

If you have any concerns about your child then please do not hesitate to contact us.

## SAFEGUARDING TEAM

---

Catmose Primary Designated Safeguarding Lead

Mrs Jackson - [kjackson@catmoseprimary.com](mailto:kjackson@catmoseprimary.com)

Safeguarding Officers

Mrs Coyne - [rcoyne@catmoseprimary.com](mailto:rcoyne@catmoseprimary.com)

Mrs Derry - [nderry@catmoseprimary.com](mailto:nderry@catmoseprimary.com)

Catmose Primary School Office - 01572 772583

## INSIDE THIS ISSUE

- Prevent
- Self-Harm
- Text Messages - Codes parents need to know

# PREVENT

The Prevent duty became law back in 2015. This is a duty on all schools and registered early years providers to have due regard to preventing people being drawn into terrorism. All staff within College have received Prevent Training.

## WHAT IS EXTREMISM AND RADICALISATION?

'Extremism' is where someone holds views that are intolerant of people that are of a different belief, ethnicity, culture, religion, gender or sexual identity. Britain is a democratic country where the principles of tolerance and mutual respect for people of all faiths and beliefs, including non-belief, are upheld by the law. Those who hold extremist views and advocate violence go against these fundamental principles. Radicalisation is a process by which a person comes to support terrorism or forms of extremism leading to terrorism. Typically, the radicalisation process includes exposure of an individual to extremist viewpoints that may eventually influence the person to carry out an act of terrorism. This could take weeks, months or even years. It is possible to intervene during this process and stop someone becoming a terrorist or supporting terrorism. For young people, a key part of growing up is exploring new ideas and critically questioning the world around them, and this should be encouraged in order to help them develop their understanding of the world and learn the values of tolerance and acceptance. However, this needs to be balanced against the need to protect young people from radicalisation and extremism.

## WHY MIGHT A CHILD OR YOUNG PERSON BE DRAWN TOWARDS EXTREMIST IDEOLOGIES?

- They are trying to make sense of world events.
- They may be searching for answers to questions about identity, faith & belonging.
- They may be driven by the desire for 'adventure' and excitement.
- It makes them feel a sense of identity or belonging or being part of something.
- They feel that their culture or religion is under threat.
- They may be drawn to a group or individual who can offer identity, social network and support.

Please be aware that this list is not exhaustive and all or none may be present in individual cases of concern. Nor does it mean that vulnerable people experiencing these factors are automatically at risk of exploitation for the purposes of violent extremism.

## HOW ARE CHILDREN & YOUNG PEOPLE RADICALISED?

Young people may come into contact with adults and peers with extremist views both online and in everyday life. Contact online may be through social media such as Facebook, Twitter or YouTube but young people may be invited to join discussions on less well-known sites such as Kik, Whisper, Messenger, Yik Yak or Omegle.

Extremists often use these sites because they are harder to monitor and they can hide their identity. Extremists often manipulate young people by using emotional triggers to engage with them, and may target them when they are experiencing difficulties such as bereavement, emotional trauma, mental health issues or social isolation.

## WHAT ARE THE SIGNS TO LOOK OUT FOR?

- Out of character changes in dress, behaviour and beliefs.
- Changes in their friendship group or associating with people who hold extremist beliefs.
- Losing interest in previous activities.
- Changes in use of social media with increased secrecy.
- Owning additional mobile phones or devices.
- Showing sympathy for extremist causes.
- Advocating extremist messages.
- Glorifying violence.
- Accessing extremist literature and imagery.

## HOW CAN PARENTS AND CARERS SUPPORT CHILDREN AND YOUNG PEOPLE TO STAY SAFE?

- Know where your child is, who they are with and check this for yourself.
- Keep lines of communication open, listen to your child and talk to them about their interests.
- Encourage them to take up positive activities with local groups that you can trust.
- Talk to your child about what they see on the TV or the internet and explain that what they see or read may not be the whole picture.
- Allow and encourage debate and questioning on local and world events and help them see different points of view.
- Encourage your child to show an interest in the local community and show respect for people from all faiths and backgrounds.
- Help your child to understand the dangers of becoming involved in situations about which they may not have the full information.
- Teach them that expressing strong views and trying to change things for the better is fine but they should not take violent action against others or support those that do.
- Know what social media and messaging sites your child uses.
- Remind your child that people they contact over the internet may be pretending to be someone else or telling them things that are not true.
- Explain that anyone who tells them to keep secrets from their family or teachers is likely to be trying to do them harm or put them in danger.

## WHERE TO GET HELP

If you are worried that your child may be in contact with people who are trying to radicalise them, you can call the following people for information and advice:

- If you think a child or young person is in immediate danger ring 999
- School – If you have a concern please talk to a member of the safeguarding team. They will be able to help and can access support for you and your child.
- The government have launched a website to help support schools and parents in the prevention of radicalisation of young people in their care. Please familiarise yourself with the parents section. There are some valuable pieces of information and resources which may be of use to you, and certainly a good refresher for what is a major safeguarding concern for the UK. The website can be accessed via this link [\*\*www.educateagainsthate.com/parents/\*\*](http://www.educateagainsthate.com/parents/) Information Booklet for Parents:  
[\*\*www.educateagainsthate.com/resources/parents-protecting-childrenextremism-2/\*\*](http://www.educateagainsthate.com/resources/parents-protecting-childrenextremism-2/)
- Leicester Safeguarding Board Advice and Referral Team - Rutland Childrens Social Care - 01572758407
- NSPCC Helpline - 0800 800 5000

# SELF-HARM GUIDANCE AND ADVICE

## WHAT IS SELF-HARM?

Self-harm is when somebody intentionally damages or injures their body. It's usually a way of coping with or expressing overwhelming emotional distress.

## TYPES OF SELF-HARM:

There are many different ways people can harm themselves, such as:

- Cutting or burning their skin.
- Punching or hitting themselves.
- Poisoning themselves with tablets, liquids, or similar.

## SIGNS OF SELF-HARM:

- Unexplained cuts, bruises or cigarette burns, usually on wrists, arms, thighs and chest.
- Keeping themselves fully covered at all times, even in hot weather.
- Signs of depression, such as low mood, tearfulness or a lack of motivation or interest in anything.
- Self-loathing and expressing a wish to punish themselves.
- Not wanting to go on and wishing to end it all.
- Becoming very withdrawn and not speaking to others.
- Signs of low self-esteem, such as blaming themselves or thinking they're not good enough for something.
- Signs they have been pulling out their hair.

## WHY DO PEOPLE SELF-HARM?

It's estimated around 10% of young people self-harm at some point. In most cases, people who self-harm do it to help them cope with overwhelming emotional issues, which may be caused by:

- social problems – such as bullying, having difficulties at work or school, having difficult relationships with friends or family or coming to terms with their sexuality.
- trauma – such as physical or sexual abuse, the death of a close family member or friend.
- psychological causes – such as having repeated thoughts or voices telling them to self-harm, disassociating (losing touch with who they are and with their surroundings), or borderline personality disorder

These issues can lead to a build-up of intense feelings of anger, guilt, hopelessness and self hatred. The person may not know who to turn to for help and self-harming may become a way to release these pent-up feelings.

Self-harm can also occur alongside antisocial behaviour, such as misbehaving at school or getting into trouble with the police.

Although some people who self-harm are at a high risk of suicide, it may help them cope with emotional distress so they don't feel the need to kill themselves.

## GETTING HELP

If your child is self-harming, you should see your GP for help. They can refer you to healthcare professionals at a local community mental health service for further assessment.

This assessment will result in your care team working out a treatment plan with you to help with your distress.

Treatment for people who self-harm usually involves seeing a therapist to discuss their thoughts and feelings, and how these affect their behaviour and wellbeing. They can also teach them coping strategies to help prevent further episodes of self-harm.

The GP is likely to ask about their feelings in some detail. They'll want to establish why they self-harm, what triggers it, and how they feel afterwards. They may ask some questions to see if there is an underlying condition, such as depression, anxiety or borderline personality disorder.

If their self-harm follows a particular pattern of behaviour, such as an eating disorder, they may be asked additional questions about this.

Height, weight and blood pressure may also be checked, and they may be asked about any drinking or drug-taking habits.

It's important to be honest with the GP about symptoms and feelings. If your child doesn't know why they self-harm, they should tell the GP this.

## SEEK IMMEDIATE HELP IF:

- You or somebody else have taken an overdose of drugs, alcohol or prescription medication.
- Somebody is unconscious.
- You or somebody else are in a lot of pain.
- You or somebody else are having difficulty breathing.
- You or somebody else are losing a lot of blood from a cut or wound.
- You or somebody else are in shock after a serious cut or burn.

## GUIDANCE FOR FAMILY AND FRIENDS:

Whether someone tells you directly, or not, it can be difficult to know what to say and how best to approach the situation.

You might feel shocked, angry, helpless, responsible or any number of other difficult emotions.

- Try not to panic or overreact. The way you respond will have an impact on how much they open up to you and other people about their self-harm in the future.
- Remember that self-harm is usually someone's way of managing very hard feelings or experiences, and that in the majority of cases it is different to suicidal feelings.

## WHAT CAN YOU DO?

---

- Try to be non-judgemental.
- Let the person know that you are there for them.
- Relate to them as a whole person, not just their self-harm.
- Try to have empathy and understanding about what they are doing.
- Let them be in control of their decisions.
- Offer to help them find support (see useful contacts).
- Remind them of their positive qualities and things they do well.
- Try to have honest communication, where you take responsibility for any fears you have.

## USEFUL CONTACTS:

---

- Mind - call 0300 123 3393 or text 86463 (9am to 6pm on weekdays)
- Harmless - email: [info@harmless.org.uk](mailto:info@harmless.org.uk)
- National Self Harm Network forums - [www.nshn.co.uk/](http://www.nshn.co.uk/)
- Young Minds Parents Helpline - call 0808 802 5544

# TEXT MESSAGES

## CODES PARENTS NEED TO KNOW.

For parents it can be tough to keep track of teenage texting codes. Humberside Police issued parents with a 'sexting dictionary' of code words teenagers use to secretly exchange explicit messages. Worried officers figured out that teens have a sinister new language as part of KPC (Keeping Parents Clueless).

Police feared many families would not what was going on if they found letters such as WYRN or P911 or LMIRL, MOS, TDTM or IWSN on their child's phone. But they really mean What's Your Real Name, Parent Alert, Let's Meet in Real Life, Mum Over Shoulder, Talk Dirty to Me, and I Want Sex Now.

Humberside Police compiled a staggering list of 112 codes that children use while exchanging lewd images and messages.

### THE SEXTING LIST

---

143	I love you	HAND	Have a nice day
2DAY	Today	HTH	Hope this helps/Happy to help
4EAE	For ever and ever	HW	Homework
ADN	Any day now	IDK	I don't know
AFAIK	As far as I know	IIRC	If I remember correctly
AFK	Away from keyboard	IKR	I know, right?
ASL	Age/sex/location	ILY/ILU	I love you
ATM	At the moment	IM	Instant message
BFN	Bye for now	IMHO	In my honest opinion/In my humble opinion
BOL	Be on later	IMO	In my opinion
BRB	Be right back	IRL	In real life
BTW	By the way	IWSN	I want sex now
CTN	Can't talk now	IU2U	It's up to you
DWBH	Don't worry, be happy	IYKWIM	If you know what I mean
F2F or FTF	Face to face	J/K	Just kidding
FWB	Friends with benefits	J4F	Just for fun
FYEO	For your eyes only	JIC	Just in case
GAL	Get a life	JSYK	Just so you know
GB	Goodbye	KFY	Kiss for you
GLHF	Good luck, have fun	KPC	Keeping parents clueless
GTG	Got to go	L8	Late
GYPO	Get your pants off		
HAK	Hugs and kisses		

LMBO	Laughing my butt off
LMIRL	Let's meet in real life
LMK	Let me know
LOL	Laugh out loud
LSR	Loser
MIRL	Meet in real life
MOS	Mum over shoulder
NAGI	Not a good idea
NIFOC	Nude in front of computer
NM	Nevermind
MNU	Not much, you?
NP	No Problem
NTS	Note to self
OIC	Oh I see
OMG	Oh my god
ORLY	Oh, really?
OT	Off topic
OTP	On the phone
P911/P999	Parent alert
PAW	Parents are watching
PCM	Please call me
PIR	Parents in room
PLS or PLZ	Please
PPL	People
POS	Parents over shoulder
PTB	Please text back
QQ	Crying. This abbreviation produces an emoticon in text. It's often used sarcastically
RAK	Random act of kindness
RL	Real life
ROFL	Rolling on floor laughing
RT	Retweet
RUOK	Are you ok?
SMH	Shaking my head
SOS	Someone over shoulder
SRSLY	Seriously
SSDD	Same stuff, different day
SWAK	Sealed with a kiss

SWYP	So, what's your problem
SYS	See you soon
TBC	To be continued
TDTM	Talk dirty to me
TIME	Tears in my eyes
WYCM	Will you call me?
TMI	Too much information
TMRW	Tomorrow
TTYL	Talk to you later
TY or TU	Thank you
VSF	Very sad face
WB	Welcome back
WTH	What the heck?
WTPA	Where the party at?
WYCM	Will you call me?
YGM	You've got mail
YOLO	You only live once
YW	You're welcome
ZOMG	Oh my god (sarcastic)
182	I hate you
420	Marijuana
ADR	Address
CD9	Code 9 - It means parents are around
KOTL	Kiss on the lips
PAL	Parents are listening or Peace and love
RU/18	Are you over 18?
WYRN	What's your real name?