



SAFEGUARDING

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ISSUE 4

Welcome to our Parent Safeguarding Newsletter Issue 4

SAFEGUARDING TEAM

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WHY DO TEENS DRINK?

Research conducted by Drinkaware concludes that the average person first tries alcohol at 13.3 years. Alcohol can have serious effects on developing brains and bodies, as well as leaving teenagers vulnerable to unsafe situations.

WHY DO TEENS DRINK?

It's easy for adults to dismiss teen drinking as a straightforward act of youthful rebellion but the reasons teenagers start drinking can be complicated and varied.

Peer pressure can be a major factor in contributing to drinking for the first time as teenagers feel the pressure to keep up with their friends to fit in. Teenagers may also drink to temporarily distract themselves from the pressures or worries of life. Puberty is a tough time and teenagers may wrongly think drinking is a way to cope.

The feeling that every other teenager is drinking can be made worse by popular culture, as TV and films often show teenagers with alcohol.

DRINKING AFFECTING TEENAGER'S HEALTH

Teenagers can think they're invincible but drinking when too young can damage the health and wellbeing of young people. Most noticeable are the short term effects, such as bad breath, bad skin and weight gain.

However, more damaging is the potential effect of drinking on the young brain. Teenage years are an important time for brain development.

The 2009 Chief Medical Officer reported concerns that heavy drinking at under twenty years old was associated with abnormalities in brain areas dealing with motivation, reasoning and interpersonal interactions. Subsequent more recent research has shown that alcohol is indeed causing such changes in some young people.

Alcohol can also lower inhibitions which can make it more likely for teenagers to make risky decisions like getting into fights or having unprotected sex.

A DOCTOR'S VIEW OF THE RISKS

Dr Sarah Jarvis discusses these risks from a GP's perspective.

<https://www.drinkaware.co.uk/advice/underage-drinking/know-the-risks-of-drinking-alcohol-underage>

HOW TO TALK TO YOUR TEENAGER ABOUT ALCOHOL

The best way to talk to your teenager about alcohol is to sit them down and have an open, honest talk. If possible, try and talk to them before you suspect they've started drinking.

As a defence, teenagers may say it's unfair that parents lecture them about drinking but drink alcohol themselves. You can agree that large amounts of alcohol are harmful to anyone, but also you can say that young people seem to be more vulnerable in some ways.

Make sure your teenager knows they can come to you with any problems. Let them know alcohol abuse may be a symptom of how they're feeling, and never a solution to a problem. There will be other ways of dealing with it.



Make Yourself Heard

In danger, need the police, but can't speak?

- 1** Dial 999
- 2** Listen to the questions from the 999 operator
- 3** Respond by coughing or tapping the handset if you can
- 4** If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by

IOPC Independent
Office for
Police Conduct

Supported by

women's aid
until women & children are safe

NPCC
National Police Chiefs' Council



#MakeYourselfHeard #SilentSolution
www.policeconduct.gov.uk

WHAT TO DO IF YOU NEED URGENT POLICE HELP THROUGH THE 999 SERVICE, BUT CAN'T SPEAK



#MakeYourselfHeard
#SilentSolution

WHEN YOU CALL 999

All 999 calls are directed to call centres and will be answered by BT operators. They will ask which service you need. If no service is requested but anything suspicious is heard throughout the process, BT operators will connect you to a police call handler.

IF YOU CALL 999 FROM A MOBILE

It is always best to speak to the operator if you can, even by whispering. You may also be asked to cough or tap the keys on your phone in response to questions.

If making a sound would put you or someone else in danger and the BT operator cannot decide whether an emergency service is needed, your call will be transferred to the Silent Solution system. The Silent Solution is a police system used to filter out large numbers of accidental or hoax 999 calls. It also exists to help people who are unable to speak, but who genuinely need police assistance.

You will hear an automated police message, which lasts for 20 seconds and begins with 'you are through to the police'. It will ask you to press 55 to be put through to the police call management. The BT operator will remain on the line and listen. If you **press 55**, they will be notified and transfer the call to the police. If you don't press 55, the call will be terminated. Pressing 55 does not allow police to track your location.

WHAT THEN?

When transferred to your local police force, the police call handler will attempt to communicate with you by asking simple yes or no questions. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

IF YOU CALL 999 FROM A LANDLINE

Because it's less likely that 999 calls are made by accident from landlines, the Silent Solution system is not used.

If, when an emergency call on a landline is received;

- there is no request for an emergency
- the caller does not answer questions
- only background noises can be heard and BT operators cannot decide whether an emergency service is needed.

Then you will be connected to a police call handler as doubt exists.

If you replace the handset the landline may remain connected for 45 seconds in case you pick it up again.

If you pick up again during this 45 seconds and the BT operator is concerned for your safety, the call will be connected to police.

When 999 calls are made from landlines, information about where you're calling from should be automatically available to the call handlers to help provide a response.

PHARMACY CODEWORD SCHEME

PHARMACIES LAUNCH CODEWORD SCHEME TO OFFER 'LIFELINE' TO DOMESTIC ABUSE VICTIMS

The government has teamed up with independent pharmacies and Boots to launch a domestic abuse Ask for ANI codeword scheme.

From 14 January 2021, victims of domestic abuse will be able to access support from thousands of pharmacies across the UK, backed by the government.

The Ask for ANI scheme allows those at risk or suffering from abuse to discreetly signal that they need help and access support. By asking for ANI, a trained pharmacy worker will offer a private space where they can understand if the victim needs to speak to the police or would like help to access support services such as a national or local domestic abuse helplines.

As an essential retailer based on high streets across the country, and with specifically trained staff, pharmacies can provide a safe space for victims to sound an alarm if they are isolated at home with their abuser and unable to get help in another way.

The Prime Minister committed to launch this scheme at the Hidden Harms summit last year in recognition of the impact of Covid restrictions on the ability of victims to reach out for help and support. The scheme was initially proposed by survivors as something that would have helped them.

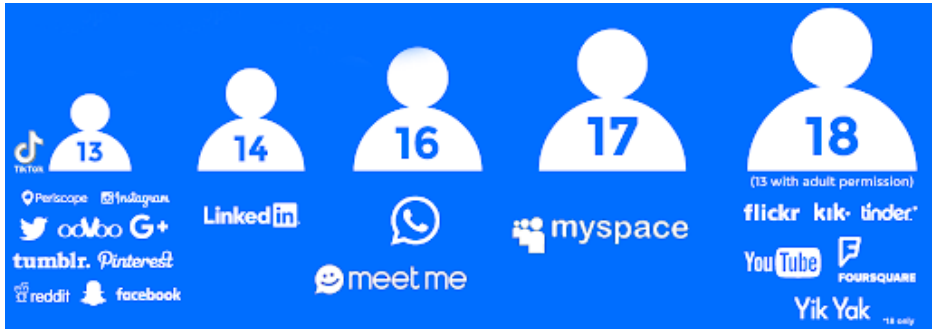
**ASK FOR
ANI**



#YOUARENOTALONE

Action Needed Immediately
For anyone experiencing domestic abuse

SOCIAL MEDIA AGE RESTRICTIONS



Most popular social media services don't allow anyone under 13 to join. Even so, lots of younger children manage to set up accounts. It's hard to get reliable information on just how many underage users are on social media, but Ofcom estimate that half of UK 11-12-year-olds have access to their own accounts.

Still, many parents don't want their children to have underage accounts. And even if your child is over 13, you may have decided they're not quite ready for social media. So what can you do if you find out your child has a social media account and you'd rather they didn't?

FIRST STEPS

The best way to stop your child using social media before you think they're ready is to talk about it before they create an account. Research by the NSPCC claims that only 3% of nine year olds whose parents say they are not allowed on social media still have an account, so it's possible that making your feelings known will be enough. And if your child is over 13 but you think they're not quite ready, it's especially important to talk to them in advance, because there's less you can do to get rid of their profile once it's created.

'Find out why they signed up and explain your concerns'

If you find out your child has joined a social media service without your permission, try to discuss it with them before taking any other action. Find out why they signed up and explain your concerns. Of course, your child might not want to delete their account – or they might not be able to. Some services (like Instagram) don't require you to verify the email you use to sign up, so if you join with a fake or misspelled email address and then forget your password, you won't be able to get a new one. You have to confirm your password to delete an Instagram account, so if your child doesn't remember theirs, any pictures they've posted will stay up.

REPORTING UNDERAGE ACCOUNTS

If you and your child have decided to get rid of an account but they're not able to delete it, you might still be able to have it removed. Many social media platforms have a policy of removing accounts that are proven to be underage. Usually, this involves filling out a form with the details of the profile you want to report and the child's actual age. In some cases you might be asked to provide proof that the child is the age you claim.

You won't be able to have your child's account removed if they're over the age specified in the terms and conditions, even if they don't have your permission to be on the site.

USEFUL ACRONYMS & VOCABULARY

DSL: Designated Safeguarding Lead

SPOC: Single Point of Contact (PREVENT) - responsible for preventing children being impacted by extremism

PREVENT: Part of the Governments Counter Terrorism Strategy to stop people being drawn into extremism

LADO: Local Authority Designated Officer—who deals with position of trust safeguarding issues

CE: Child Exploitation

CEOP: Child Exploitation On-line Protection Centre

KCSIE: Keeping Children Safe in Education (available on the school web pages)

CAMHS: Child and Adolescent Mental Health Services

MARAC: Multi Agency Risk Assessment Conferences

PPO: Police Protection Order

CPS: Crime Prosecution Service

CPS Service CPOMS: Child Protection Online Monitoring and Safeguarding system (safeguarding and child protection software for schools).

EHA: Early Help Assessment

SEND: Special Education Needs and Disabilities