



Safeguarding at Hurstmere Newsletter

Connected Bexley

Connected Bexley is an online information, advice and guidance hub which links people in Bexley quickly and easily to the local support that you need.

Connected Bexley have brought together the services that are provided by voluntary and community groups in Bexley so that you can easily find what is right for you, when and where you need it.

It is run by Bexley Voluntary Service Council (BVSC) working alongside the voluntary sector, local charities and public sector partners.

[Connected Bexley](#) is for everyone to use, and their goal is to make sure that this is where Bexley residents can find the services they need, helping our communities to remain happy, healthy and connected.

Snapchat MyAI - A Guide for Parents

As we all know Snapchat is one of the main social apps used by children from approx. Year 3 upwards. Snapchat introduced MyAI as a new feature which can't be removed within Snapchat.

Wayne Denner, an online safety consultant, has put together a useful article explaining all about MyAI, the features, issues and some tips for parents.

You can find the article [here](#).



Sextortion

Sexually coerced extortion or 'sextortion' is a type of blackmail where someone tries to use intimate, naked or sexual photos or videos of young people to make them do things they don't want to do. Sometimes, these photos or videos are taken without their knowledge, and the person blackmailing them uses them to force the young person to pay money or do something against their will.

With incidents of sextortion significantly on the increase around the world it's important that both professionals and parents know the signs and how to help and support their children. Although anybody can be targeted, the surge appears to be boys aged 14+ and the motivation is usually financial.

This IWF [resource](#) aims to provide an understanding of sextortion, including its definition, common tactics employed by criminals, and practical steps to take if you find your child being victimised by this distressing crime.

Children Heard and Seen

[Children Heard and Seen](#) support children, young people and their families who are impacted by parental imprisonment. They strive to support their needs, listen to their concerns and ensure that their voices are heard. All support is offered at no cost to the family and without need for an agency referral.

They offer 1-1 support with trained staff, volunteer mentoring, parent support, peer support groups for children, online activities for children, and activity days.

National Online Safety

A reminder that last term we sent a letter to parents announcing that Hurstmere School has shown our commitment to protecting our pupils online by working with National Online Safety- providing resources for all parents and carers.

Parents are encouraged to sign up and create an account to access a variety of information. Please find a [link](#) to the letter with the relevant information.

This terms topics...

Place2Be

Place2Be, our in-school mental health support service, have a resource called Parenting Smart to help you support your child's wellbeing. Their Parenting Smart website offers free practical advice on a range of topics including bullying, the transition to secondary school, meltdowns, and sleep difficulties.

Visit parentingsmart.org.uk to read more.

Positive parenting

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time.

This [guide](#) shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

Self-harm

If a young person in your life is self-harming it can be distressing and confusing and it may be difficult to start a conversation with them.

They might be self-harming because they don't have the words to explain what they are experiencing.

The [NSPCC](#) provide advice to help you understand why children and teenagers self-harm, and what you can do to support them.

Worry and Anxiety

At times, growing up can be a stressful experience. It is not unheard of for young people to fret about things that could potentially go wrong in their lives and what implications this would have for their life. In some situations, this can go beyond feeling uneasy about the future and become full-blown anxiety, which affects their mental, emotional and even physical wellbeing.

Whilst worry and anxiety can originate from many different places, it's immensely important for parents to understand the effect this can have on young people and how best to support them if they are going through a difficult time. This [guide](#) provides insight into the ramifications of worry and anxiety, and how you can help children manage, and hopefully overcome these challenges.

Support for pupils during the summer break:

As we move towards the summer break, please remind your children of the services available to support them whilst school is shut. Information and links can also be found on the Safeguarding page of the school website:

Kooth can help with anything, including bullying, family, loneliness, social media, stress, relationships, body image. Young people can use the chat and messaging service to contact a counsellor from midday to 10pm on Mondays to Fridays and 6pm to 10pm on a Saturdays and Sundays. The website has lots of information and advice and can be accessed 24/7. Contact them at [Kooth](#).

Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK. They can access the text-message based service by texting YM to 85258.

Childline -Young people can speak to a counsellor at Childline on 0800 1111 or via 1-2-1 chat between 7.30 am and 3.30am every day. Their website also has lots of information and advice.

SHOUT - free confidential support in a crisis text SHOUT to 85258

Remove a nude image shared online. It can be scary finding out that a nude image or video has been shared online. Report Remove from Childline can help. Follow this [link](#) (also available on the school website) to get your image or video removed from the Internet.

Useful Information

CHILDLINE – www.childline.org.uk

NSPCC – www.nspcc.org.uk

CHILD EXPLOITATION & ONLINE

PROTECTION (CEOP) – www.thinkuknow.co.uk

For more information about safeguarding, please visit our website [here](#).

Enjoy your summer holidays.