



## Safeguarding at Hurstmere Newsletter

### Emotionally Based School Avoidance

Going back to school after the summer holidays can stir up a mixture of emotions for pupils. It is normal for them to feel anxious - especially if they are transitioning from one Key Stage or school to another. But for some pupils, this anxiety can escalate into Emotionally Based School Avoidance (EBSA). Which can have a significant impact on their mental health.

If your child is anxious about school, or they are unable to go to school, Young Minds have advice on supporting them and working with the school and other services.

[Here](#) is a parents guide to school anxiety and refusal.

### THC Vaping

There has been an increase in young people using vapes and, in particular, experimenting with THC vaping.

THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention.

[This](#) resource has been created to give information to support conversations with your child around THC vaping.

### Sharing Photos Online

This guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of your children online. Download the [PDF](#).

### Anti-social Behaviour

Antisocial behaviour takes many forms, from aggressive, noisy or abusive behaviour to neighbourhood disturbances involving drugs or animals. Antisocial behaviour includes criminal and non-criminal behaviour.

It is recommended that you speak to your son about their safety and behaviour when out in the wider community with their friends.

[Safe4me](#) provides more information on the law, what you can do as a parent and how to report antisocial behaviour.

### Cyber Security

Cyber security is an important part of daily life, whether you're connecting to public WiFi hotspots or scrolling through social media at home. As such, it's important to be fully informed.

Cyber security means protection in the online space. Therefore, it can refer to the security settings you use on your online social and video gaming accounts or the software you use on your family's devices.

Good cyber security means the risk of your family's personal information falling into the wrong hands is less likely. As such, it's important to implement security measures that protect your devices.

Learn how to keep your family secure with expert articles and guidance on cyber security topics by visiting this [website](#).

### X (formally known as Twitter)

Around 35 million X users are under 18, so it is essential that parents and carers stay up-to-date with the changes made to Twitter since its reinvention as X (including the online safety hazards these alterations might pose, for example exposure to explicit content and unpleasant behaviour).

For more information on what parents and carers should know, please click [here](#).

### This terms topics...

#### Live Streaming

Livestreaming is broadcasting to an audience in 'real time'. The audience can leave comments, give likes to the person who is streaming and, in some cases, 'gift' the streamer. Some platforms let several people livestream at the same time.

Children and teenagers are likely to have spent more time on livestreaming and video apps in the last few years. While many children will be using these apps to talk to friends or family, some children may be talking to people they don't know or sharing personal information without realising. The NSPCC provide advice to help you understand the risks and keep them safe.

For more information on Live Streaming please visit the NSPCC [website](#).

#### Sextortion

The Internet Watch Foundation (IWF) has released concerning new statistics in relation to young people who are increasingly being extorted online.

Predominantly this appears to be older boys (14-17) with the IWF, reporting that sextortion has increased by 257% in the first six months of 2023 compared to the whole of 2022.

Often, offenders appear as younger females with fake profiles in order to lure, trick and coerce victims which can then have a devastating impact on the young person.

There is some useful information for young people and parents [here](#). There is also a free video.

#### Scary World Events

News is everywhere. In the digital age, it is no longer possible to control the news we are exposed to or shield our children from upsetting information.

What you can do is help to minimise the negative impact it has on your children. You can do this through open and honest conversations at home, using these [tips](#).

### This term's news...

#### Place2Be

We are pleased to announce that Hurstmere is now working with Place2Be. Place2Be is a children and young people's mental health charity with almost 30 years' experience working with pupils, families, and staff in UK schools. Place2Be provide mental health support in schools through one-to-one and group counselling to improve emotional wellbeing and provide mental health services for the whole school community.

Place2Be therapy sessions use talking, creative work and play to enhance communication skills and emotional development. Pupils are initially offered up to ten sessions that last 45 minutes each.

Place2Talk is a lunch-time counselling service available to all pupils through self-referral, allowing pupils to make an appointment to spend 15 minutes with Shannon (Mental Health Practitioner) alone or with a friend, to discuss any issues they might have. The service aims to give children the tools and skills they need to deal with their problems in a healthy and constructive way. The support offered is issue-based and solution-focused.

At Hurstmere, the Place2be Mental Health Practitioner (MHP) is Shannon Harvey.



### Useful Information

CHILDLINE – [www.childline.org.uk](http://www.childline.org.uk)

NSPCC – [www.nspcc.org.uk](http://www.nspcc.org.uk)

CHILD EXPLOITATION & ONLINE

PROTECTION (CEOP) – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

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

Please remind your son that if they have any worries or concerns, they can email [hereforeyou@hurstmere.org.uk](mailto:hereforeyou@hurstmere.org.uk) and a member of our safeguarding team will be able to help!

**Remember, it's good to talk!**