



Reading School – Safeguarding Newsletter

Safer Internet Day Our Youth Health Champions delivered a student-led lesson to KS3 on the importance of staying safe online. Resources can be found here: [Safer Internet](#)

The eSafety Advisor, Alan Mackenzie, has written a guide to [Parent Engagement](#), particularly with regard to online safety. Alan says, 'It isn't a complete solution for everyone, there's no such thing, but I hope that by following the steps in the strategy it will help you to significantly increase your parental engagement.'

The latest edition of Alan McKenzie's [#DITTO magazine](#) has been published. #DITTO is a free online safety (e-safety) magazine for schools, organisations and parents to keep you up to date with risks, issues, advice and guidance related to keeping children safe online, with a view to enjoying and learning about technology.

Screen Time Recently the Chief Medical Officer for the UK published guidance on screen-based activities. The media was full of headlines about screen bans. That wasn't quite accurate. The guidance itself had an infographic which helps parents and carers think about the challenges of managing their children's screen use. [Screentime & social media map of reviews](#)

County Lines Year 11s have been learning about criminal exploitation in PSHE (when gangs and organised crime networks exploit children to sell drugs). Often these children are made to travel across counties, and they use dedicated mobile phone 'lines' to supply drugs.

Child bereavement support If you are your child are in need of support, please contact the school in the first instance. childbereavementuk.org is also a useful website

Diversity Role Models [Diversity Role Models](#) seeks to prevent homophobic, biphobic and transphobic bullying in UK schools. They aim to stop bullying before it happens by educating young people about difference, challenging stereotypes and addressing the misuse of language.

Supporting Emotions

Raising teenagers can be rewarding but often fractious at home. YoungMinds have developed tips for [When Emotions Explode](#)

When emotions explode



Let Children Know You're Listening

The NSPCC has launched a [campaign](#) to share these key skills: **Show you care, help them open up**

Give your full attention to the child or young person and keep your body language open and encouraging. Be compassionate, be understanding and reassure them their feelings are important. Phrases such as 'you've shown such courage today' help.

Take your time, slow down

Respect pauses and don't interrupt the child – let them go at their own pace. Recognise and respond to their body language. And remember that it may take several conversations for them to share what's happened to them.

Show you understand, reflect back

Make it clear you're interested in what the child is telling you. Reflect back what they've said to check your understanding – and use their language to show it's their experience.

Supporting Your Child During Exam Time (Young Minds)

Young minds parent exam support

Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing. Make sure they are eating and drinking at regular intervals. Reassure them – reinforce that you are and will be proud of them no matter what happens.

Remain positive and hopeful!

Let them know their feelings are valid and normal, but also offer support and solutions where possible.

Anxiety is often worst at night and this means it is useful to encourage good bedtime routine

Know This Isn't Love Campaign The Office of the Police and Crime Commissioner launched a campaign to raise awareness of coercive control, under the branding of Victims First. Victims First supports victims and witnesses of crime across the Thames Valley and is managed by the OPCC. The campaign, 'Know this isn't Love' aims to raise awareness of the signs of coercive, controlling and abusive behaviours in relationships so that people who are experiencing it, identify with it and potentially seek help. Anyone who is concerned they may be experiencing this can contact Victims First for support. www.victims-first.org.uk/coercive-control

TVP Hidden Harm Campaign This month will see Thames Valley Police's [Hidden Harm campaign](#) coming to a close after 18 months of activity to raise awareness of abuse happening in the heart of our communities. Since October 2017 the campaign has shone a spotlight on modern slavery, online child abuse, honour based abuse and hate crime – reminding everyone that we will not tolerate abuse and encouraging witnesses and victims to report their concerns. All of this could not have been achieved without the assistance of our partners so I would like to take this opportunity to say thank you. Your support has helped us keep some of the most vulnerable people in our communities safe from harm and we simply could not have done this without you. Kind regards, DSI Nick John, Head of Protecting Vulnerable People. TVP

Active April Look at Action for Happiness' [Calendar for April](#) for inspiration on physical activities to improve emotional mood.

Hub of Hope Mental Health Database The Hub of Hope is the world's first of its kind mental health database bringing grassroots and national mental health services together in one place for the first time ever. It is currently the biggest and most comprehensive resource of its kind, endorsed by the Samaritans and 25 other national mental health support organisations and trusts. <https://hubofhope.co.uk/>

Mental Health Media Charter Recently there has been a number of reports of suicide amongst people who have taken part in so-called reality programmes, such as Love Island. For World Mental Health Day 2017, the [Mental health media charter](#) was launched. This is a set of 7 simple guidelines for ensuring imagery and language used in mental health reporting is responsible, genuinely educational and stigma-reducing.