



## Reading School – Safeguarding Newsletter

### ***NSPCC Review: How Safe are Our Children***

- 16 per cent of surveyed primary school-aged children and 19 per cent of surveyed secondary school students said they had seen content which encouraged people to hurt themselves
- 21 per cent of surveyed girls aged 11 to 18 said they had received a request for a sexual image or message
- A disproportionately high number of counselling sessions about online sexual abuse involve girls (72 per cent) and children in the 12 to 15 year age group (57 per cent)
- In 2018/19 there were 1,507 contacts to the NSPCC helpline where online sexual abuse was the main concern, a 19 per cent increase since the previous year
- 41 per cent of 11 to 18 year olds surveyed said that they thought websites, apps and games weren't doing enough to keep them safe online

You can download the How Safe Are Our Children 2019 report here: [How Safe are Our Children](#)

### ***Myth vs Reality: Online Pornography Toolkit (Childnet)***

Childnet have published a new teaching toolkit to explore online issues with young people aged 11-14. Myth vs Reality, explores the topics of online pornography, healthy relationships and body image. This toolkit is an extension of their successful practical PSHE toolkit 'Crossing the Line', which aims to generate discussions amongst young people aged 11-14 about their experiences online.

[Myth v Reality can be found here](#)

[Crossing the Line can be downloaded here](#)

### ***Gaming Disorders (internetmatters.org)***

Gaming Disorder has been added to the World Health Organisation's classification of diseases; note this is a 'disorder', not an addiction. The clinical conditions say that: 'Gaming disorder is characterised by a pattern of persistent or recurrent gaming behaviour...' manifested by:-

- "impaired control over gaming".
- "increasing priority given to gaming to the extent that gaming takes precedence over other life interests and daily activities".
- "continuation or escalation of gaming despite the occurrence of negative consequences."

Freelance games expert, Andy Robertson, has written an article on the internetmatters.org website that explains 'What you need to know about WHO gaming disorder'. You can read the article here:

<https://www.internetmatters.org/hub/guidance/what-you-need-to-know-about-who-gaming-disorder/>

### ***Festival Safe Website***

Although Glastonbury, perhaps the biggest music festival, has passed there will be many more festivals over the next couple of months including Boomtown, Camp Bestival, NASS and Reading and Leeds. Many teenagers will be attending their first big festival this summer and whilst personal safety might not be immediately on their mind, the Festival Safe website offers lots of very good information for first timers and first-timers and hardened veterans. This excellent resource includes information about the fun side, but also about alcohol and drugs, crime, what to do in an emergency and how to stay sexually safe.

The website can be found here: <https://www.festivalsafe.com/>

### ***NHS sets out 'care for young carers' offer in GP surgeries***

It is estimated that up to one in five secondary school pupils provides some level of care for a parent or sibling. Many of these are 'hidden' carers who do not disclose their family circumstances and responsibilities to teachers, friends, GPs and other health care professionals.

Research from Barnardo's and Carers Trust has highlighted a host of challenges young people face in juggling their caring role with their education and own health, with up to 40% experiencing mental health problems.

GPs across the country can now volunteer to offer a new package of services for children and young adults who perform an informal caring role for a family member.

Practices in England have been invited to adopt specific measures to support young carers including:

- Create an up to date carers register and routinely offer all carers a flu vaccination, regular health check and anxiety and mental health screening;
- Setting up an alert system to notify all GPs when a carer registers as a patient, to ensure their needs are identified and met by the whole surgery
- 'Double appointments' – carers being offered an appointment themselves to get physical and mental health checks when they come to the surgery with their cared for relative;
- Hosting carer support groups and carer clinics in GP surgeries, so young people can get practical carer and health advice at the same time, with other carers;
- Carer awareness' training will be included in every surgery staff induction;
- Practices setting up systems to track patterns of appointments in young people coming to the surgery with an adult, to proactively try to identify young carers and put support in place.

You can read more here: <https://www.england.nhs.uk/2019/06/nhs-sets-out-care-for-young-carers-offer-in-gp-surgeries/>

### ***Why we need to talk about harmful sexual behaviour (Barnardos)***

Harmful sexual behaviour by children and young people is never easy to think about, but we know that peer-on-peer abuse cannot be ignored. Barnardos has published an anonymised case study to help people understand the real impact behind the statistics.

Read the story here: [Barnardos Why we need to talk about harmful sexual behaviour](#)

***Jump Back July*** The well-being charity, Action for Happiness, have published their latest Action Calendar. Try setting small targets with your children each day. [Jump Back July Calendar](#)