

# SAFEGUARDING AND ONLINE SAFETY

## Safeguarding Team

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## HeadStart

The College's work with Headstart is now well underway with the aim to establishing a whole-school approach to resilience and emotional wellbeing. Staff have all accessed HeadStart training and Mr Clue and Mrs Walker are training to be Thrive practitioners. HeadStart also funds training in Resilience Theory, Mindfulness and Youth Mental Health First Aid which will be undertaken by College staff. Students have been actively involved in making bids to raise money to develop safe spaces in College and are working towards becoming peer mentors.

Matt Burgess is now based in College 0.5 days a week and is working 1:1 with students focusing on building self-esteem and resilience. Kooth online counselling is part of the HeadStart offer and students can register at [Kooth.com](http://Kooth.com)

## Raising attainment project

In partnership with KCC Astor College are working with DCCA and St Edmunds to share best practice, improve outcomes and reduce the attainment gap of vulnerable learners. A dedicated team will be working to bring services closer to young people and families, sharing knowledge and expertise between school and KCC staff to support young people and families access the right service at the right time.

## FREE Training Opportunity for Parents

### Mental Health First Aid Certificate - Youth

We are offering 14 parents the opportunity to train to become Youth Mental Health First Aiders. This is a full two day MHFA England course covering topics such as anxiety, depression, self-harm and suicide. Participants are expected to attend both days 9am to 5pm to achieve the certificate.

If you are interested in attending please contact Helen Jarvis on the - 01304 201151.

## Welcome

Welcome to the first edition of the Astor College Safeguarding Team Newsletter.

Here at Astor College we put students first. Creating a safe environment where our students feel happy, supported and able to flourish underpins everything we do. Safeguarding, including online safety is our priority from the safety of the site to delivering the curriculum and we hope you find this Newsletter informative.

Help us shape future Newsletters by sending us your thoughts and any future topic ideas to us via ParentMail.



**Kooth**

### Need to talk?

We're **online** now to help until 10pm

Online counselling is now available to all students aged 10-16 years and their fully trained counsellors are available up until 10pm.

### Kooth isn't just counselling

- ◇ Forums
- ◇ Self-help tools
- ◇ Messaging
- ◇ Articles
- ◇ Online games, blogs and more

*"It means a lot to know  
Kooth is there even if others can't be."*

*- Jessie 12 years old*



MHFA England



## Mental Wellbeing

There are times when positive mental wellbeing is a challenge, times when you may feel stressed, upset or find it difficult to cope. Sometimes it can feel like you don't have any control over how you think or how you feel. Making some simple changes to your life can make a real difference to your mental health.

- Asking for help - Find ways you can ask for the help you need.
- Believe in yourself - It's common to suffer from low self-esteem at some point in your life but you can do things to make it better.
- Take Time Out - However busy you are, it's important to take time for yourself.
- Friends and Family - Find out how your friends and family can help.

To find out more visit

<https://youngminds.org.uk/find-help/looking-after-yourself/>

For urgent help for a young person in a crisis you can text free 24/7.

**Text YM to 85258**

If you are an adult in a crisis call the Samaritans free helpline 24 hours, 365 days a year. **Call 116 123.**

If you are in an emergency and there is a risk to life, **Call 999.**

## Online Grooming

Online grooming is when someone uses the internet to trick, force or pressure a young person into doing something sexual - like sending a naked image or video of themselves. This is wrong. Someone who's grooming others online will sometimes build their trust before talking about doing anything sexual.

For further information about this and many more online topics including setting parental controls visit the Astor College web site at <http://www.astor-college.co.uk/268/key-information/category/3/safeguarding>



For further advice and to report online abuse visit <https://www.thinkuknow.co.uk/>

## Spotting the signs

### Gangs

There are lots of reasons why young people feel the pressure to join gangs. They may be bored and looking for excitement or feel attracted to the status and power it can give them. They may join due to peer pressure, money or family problems. Gang membership can also make a child feel protected and that they belong. Here are some of the potential signs a young person may be involved with a gang.

If you're a young person worried about gangs, it can be difficult to know what to do. Whether you are thinking of joining a gang, already involved or want to leave, help and support is available.

Call Childline's confidential helpline free 24/7 on 0800 1111.

You can break free!



#### SIGNS OF GANG ASSOCIATION - BOYS

- Specific dress style
- Associating with new groups of people, but giving little information about them
- Poor behaviour
- Talking differently – new slang or language with an aggressive tone
- Poor school results or missing school
- Carrying weapons
- Unexplained injuries or sums of money/ possessions
- Staying out unusually late, or not returning home
- Graffiti style tags on possessions
- Interest in music which glorifies weapons/gang culture



#### SIGNS OF GANG ASSOCIATION - GIRLS

- Change in physical appearance (e.g. wearing more 'adult' clothes, or wearing baggy clothes and no make-up)
- Unexplained money or possessions
- Getting involved in fights
- Committing crimes such as shoplifting
- Regularly staying out late or going missing from home
- Abusing drugs and/or alcohol
- Physical injuries (which may indicate violence from others and/or self-harming)
- Refusing to seek medical help for such injuries and becoming fearful and/or prone to unexplained outbursts of anger.



## Parents helpline

Young Minds parent helpline provides support and advice to parents and carers worried about the emotional wellbeing or behaviour of a young person in their care under the age of 25 years with confidential expert advice.

Call the Parents Helpline free Monday - Friday 9.30am to 4pm on 0808 802 5544

If you're worried about a young person call the NSPCC helpline anonymously via phone or online 0808 800 5000

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/>