

SAFEGUARDING NEWSLETTER



Contents:



Online Safety

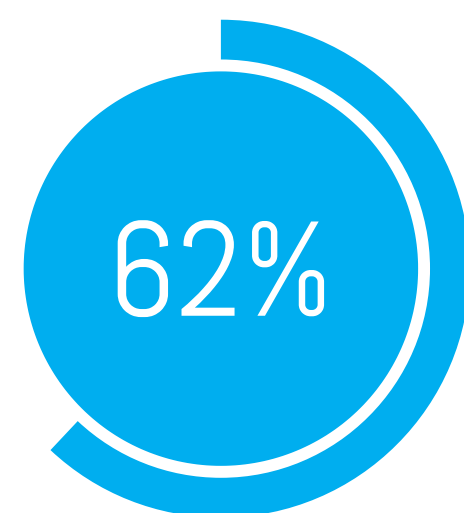


Mental Health



Hatred for women

62% of children said they did not trust **older generations** to help with online problems. Older generations **haven't grown up** with the same technology, so they **don't understand** what young people use or how they use it.



Hwb
Digital Learning for Wales



There is a lot of free information on the Hwb website which **supports parents** with a number of apps that learners use every day. It is important to be part of the conversation to ensure your child is safe online and a **confident user**.

HAVE A CHAT WITH YOUR CHILD....

START THE CONVERSATION

- 1



Choose a good time and place:
Try to choose a good time. Choose a time when you know you won't be disturbed and you're both going to feel comfortable and have enough time, without turning it into one of those 'special conversations'.
- 2



Think about how you are going to present the topic:
You can mention a recent news story or simply explain why you would like to talk to them about something. Try to be clear. It's not a good idea to have a difficult conversation if your child doesn't really understand what you wanted to discuss at the end of the conversation.
- 3

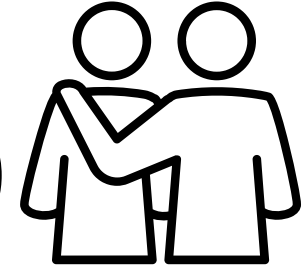


Explain why you are concerned:
Your child may think you are worried for no good reason, but if you explain why something is bothering you they will understand why you want to talk about it. Tell your child if it's something you've noticed in their behaviour or maybe something you've read about or seen their friends do. Help your child understand your concerns so you can resolve them together.
- 4



Give your child a chance to talk and you should listen more than talk:
It is sometimes difficult when a child does not want to discuss feelings. Asking a question like 'how are things going' and remembering to give your child time to answer will help. It's tempting to keep talking to avoid silence, try not to. It takes two people to have a conversation. It is important that you listen to your child and that you explain that you would like them to listen to you. Talking incessantly never works.

- 5



Be loving and supportive:
The most difficult conversations can be made easier if your child understands that you care about them and whatever the outcome of the conversation you will love him just the same.
- 6



If your child tells you something that worries you:

 - Take a break
 - Ask for help for yourself
 - If your child doesn't want to talk to you, try again sometime or find a different way to start the conversation. Talk to the school about support too.



FOR MORE INFORMATION...



CEOP Parenting



Parent Zone



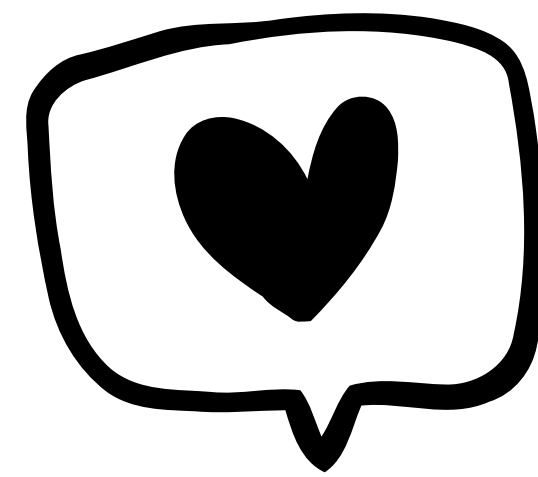
Sefydliadau eraill



Polisiâu Gwent Is Coed

DID YOU KNOW...?

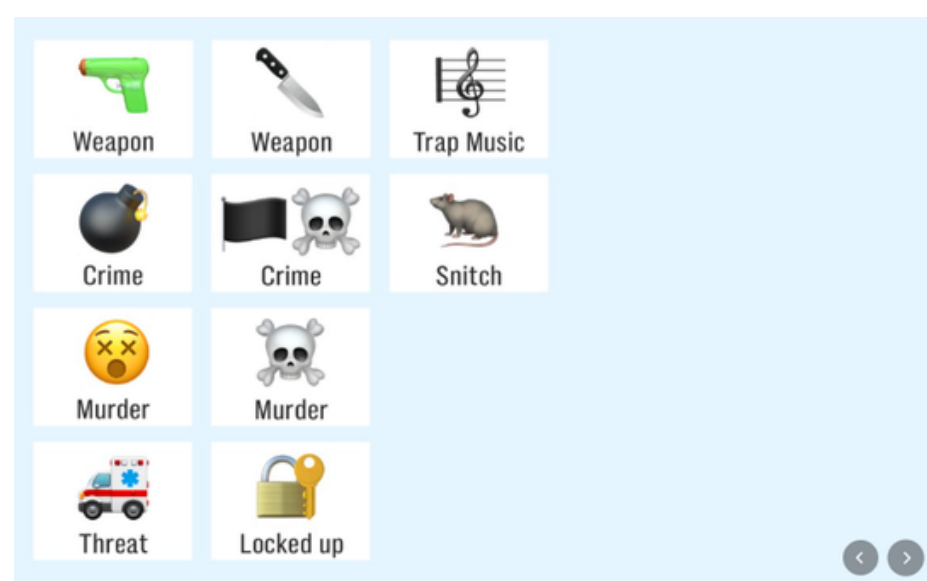
It is **important** to keep the following in context because, on the whole, these emojis are completely harmless, **but in some situations**, they can **mean something completely different**, sometimes even **dangerous**, so it is important for us to share the following with you, our parents.



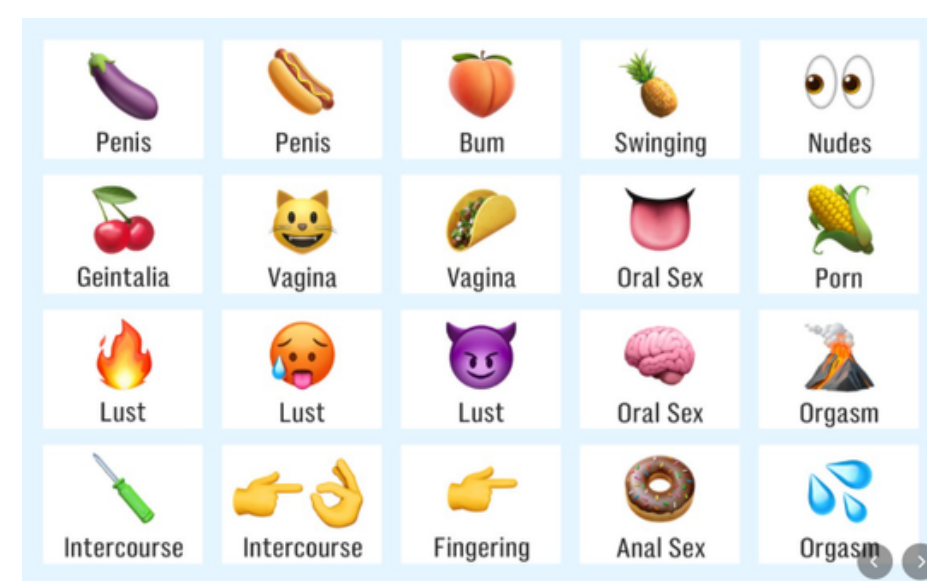
DRUGS



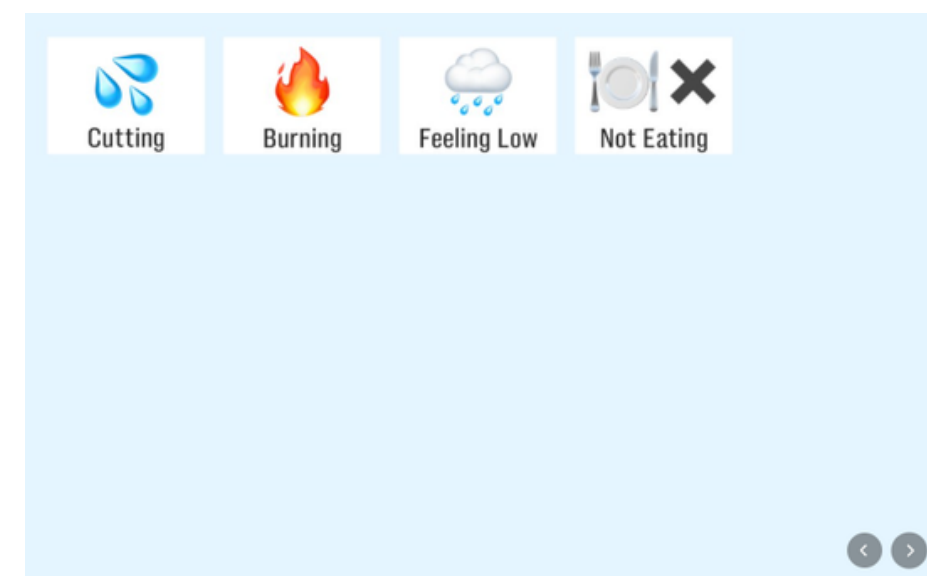
VIOLENCE



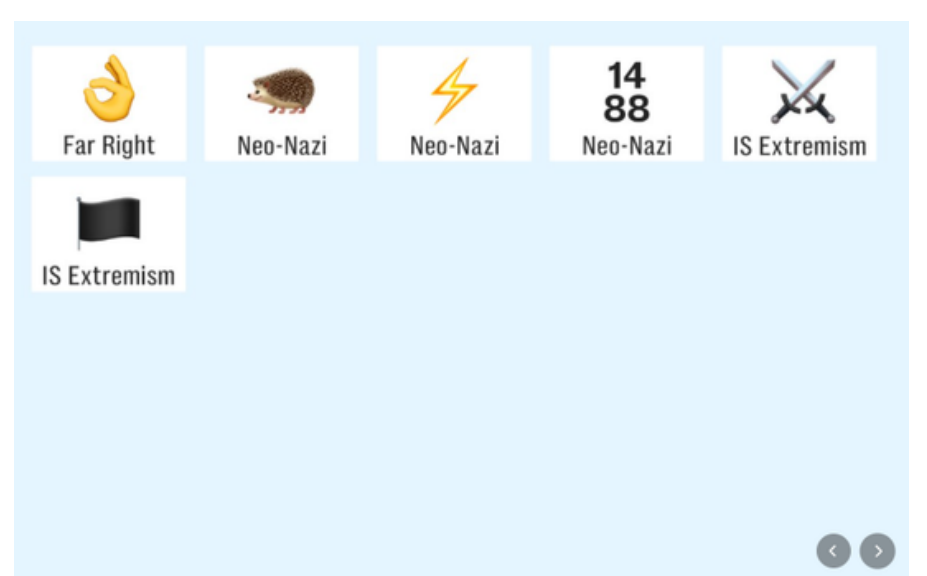
SEX



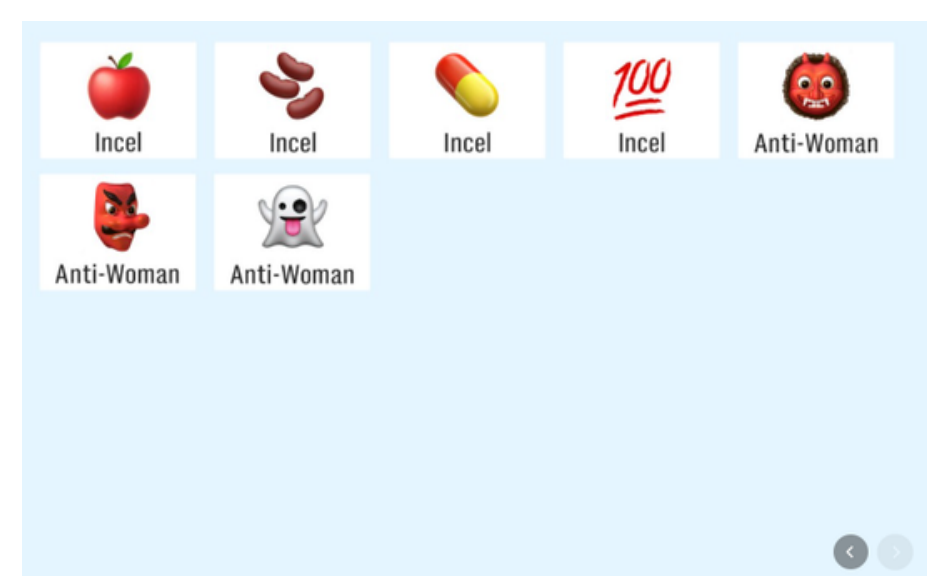
SELF-HAR,



EXTREMISM



INCEL



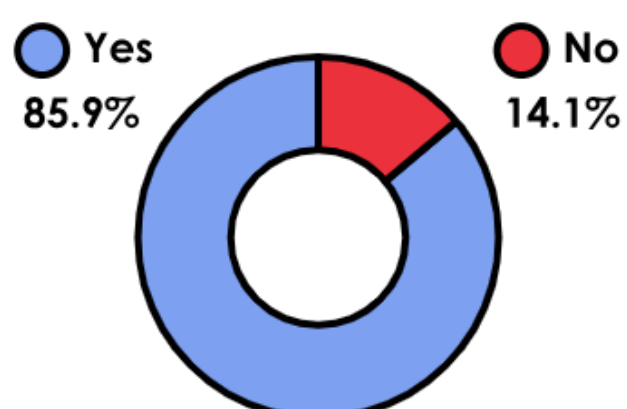
75% of children aged between 11 and 18 in the UK believe that **older generations do not have the resources to teach them about the online world**.

Many argued that **adults** had a **different experience** with the online world **compared to young people**.

02nd - 09th February 2024

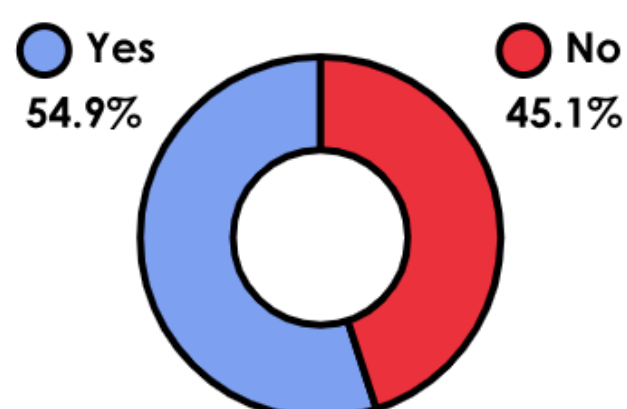
PRIMARY 5-7

Can adults and children learn from each other about the online world?



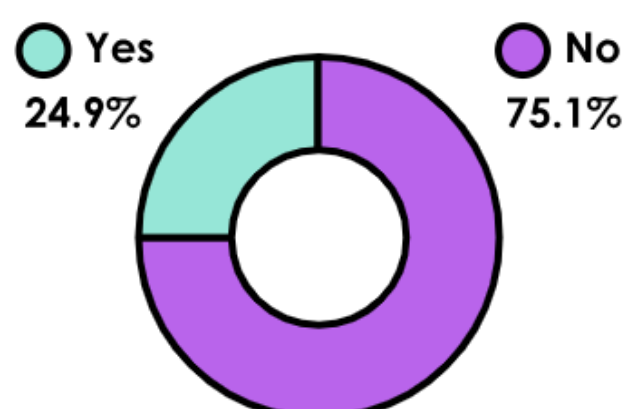
PRIMARY 7-11

Do adults have the tools to teach you about the online world?



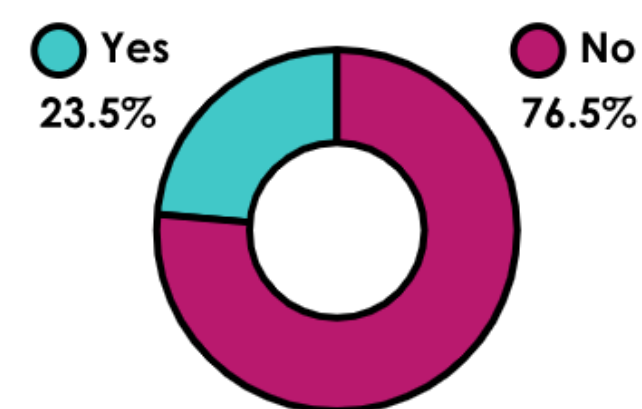
SECONDARY 11-16

Are adults equipped to teach you about the online world?



COLLEGE & 16+

Are older generations equipped to teach young people about the online world?

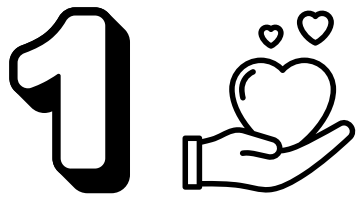


MENTAL HEALTH

If you have any concerns about your child's mental health, there are a number of different things you could do to help them.



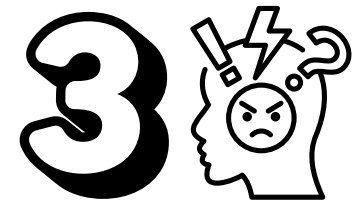
SELF-HARM - WHAT TO SAY...



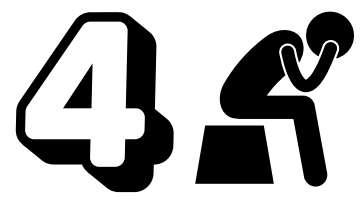
1 Calmly tell your child that you are there for them and you are not sad or angry with them



2 Tell them you're glad they told you they were having thoughts about self-harm and that you were able to help them through it.



3 Listen to what they are saying even if they are expressing anger or other negative emotions towards you and listen without interrupting.



4 After you've listened to what they've said and the crisis has subsided, make some suggestions for things you can do together to take their mind off them.



5 After the crisis, encourage your child to relax as the evening progresses. For example; a bubble bath, a hot milky drink or a family film.

SUPPORT LINES

Childline	0800 1111
Samaritans	08457 90 90 90
Support Line	0208 554 9004
Self Harm Network	0800 622 6000
The Amber Project	02920 344 776
Young Minds	08088 025544
GP Out of Hours (Gwent)	01633 744285
Parent Line	08088 002222
NSPCC	08088 005000
Mental Health Helpline	0800 132 737

6



All medication (prescription/over the counter/vitamins) must be removed and/or locked in a strong locking medical box or locked cupboard. Medicine needs to be stored in this way in every house where the young person stays, including grandparents, foster carers, step-parents and residential homes.

Ensure that the young person does not have a stock of medication in their room or amongst their belongings.

Other environmental risks should be considered e.g. pulling ropes.

Do not allow your son/daughter to go out alone or with friends during periods of distress and when they are expressing suicidal thoughts or thoughts of deliberate self-harm.

Monitor mood and behavior closely.

Ask about self-harm and suicidal thoughts and remove all scissors and knives.

Look for the warning signs that your child may be struggling

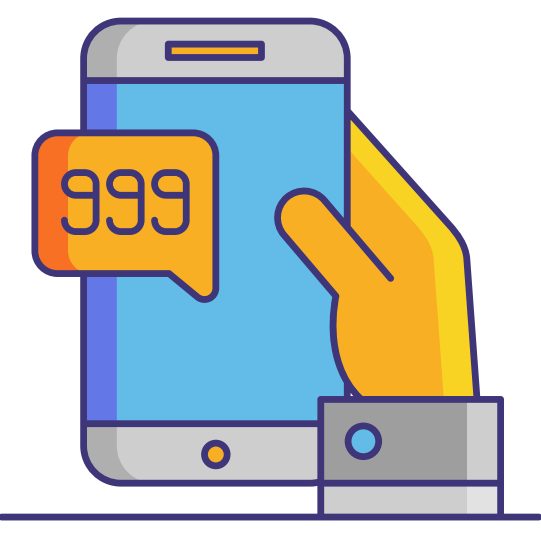
EMERGENCY SAFEGUARDING PLAN

Support your child emotionally and encourage the use of distraction techniques and alternatives to self-injury. If hospital treatment is not required but you are concerned about the risk of suicide, make an urgent appointment with your GP.

In urgent cases where medical treatment is required and/or where risk is imminent, take your child to hospital or call **999** if necessary. If your child has taken an overdose they will need to be taken to hospital immediately for treatment.

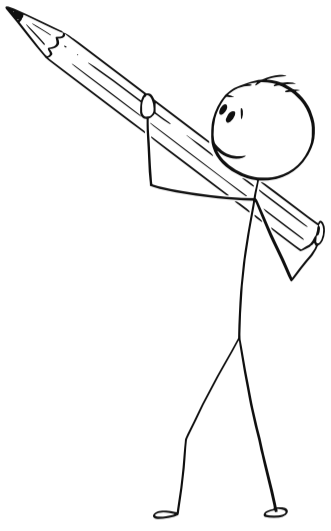
If your child has self-injured and the injury requires medical treatment, go to the appropriate medical setting. E.g. GP or Hospital depending on the injury.

If your child expresses suicidal thoughts and goes missing, call the police and report your child missing - making sure you tell them about previous overdoses and suicidal thoughts.



ALTERNATIVES TO SELF-HARM

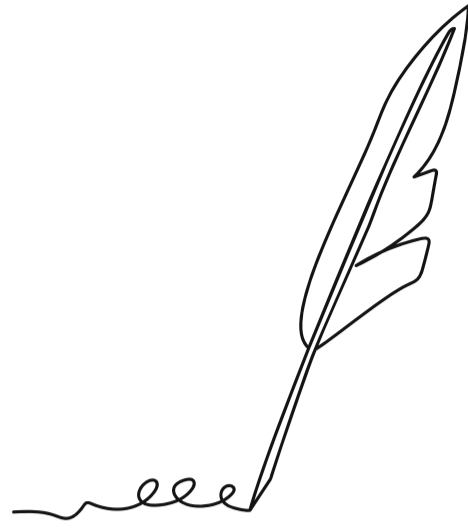
GET CREATIVE BY...



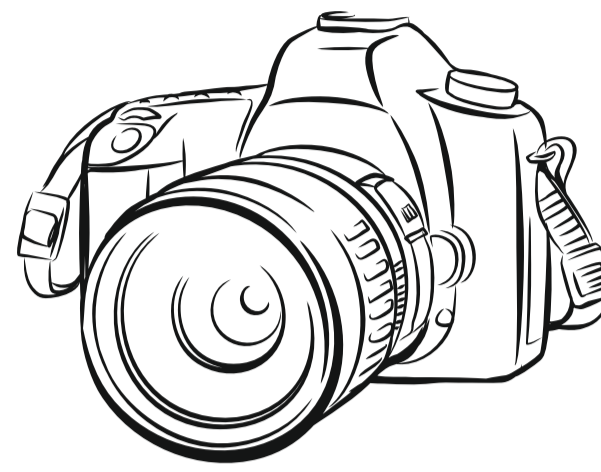
Drawing pictures



Painting



Creative writing

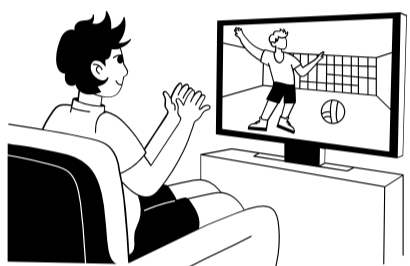


Photography



Listen to music

KEEP BUSY BY...



Watching television



Reading



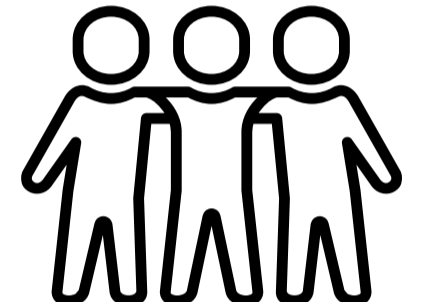
Playing games



Going to the gym



Going for a walk



See friends

MORE INFORMATION IS AVAILABLE ON OUR WEBSITE...



Referral form

What can counseling offer?



We all have times when it feels difficult to talk to those closest to us about things that bother us. Often this can be because we don't want to bother them or if we are afraid of what they might say. The counselor will listen to you carefully, without judging, but will try to make you understand what may be bothering you and to help you find a way or solution to deal with the problems you have.

Counseling can also offer:

- A regular place and time to talk about your concerns or difficulties.
- Helping you look at how you want things to change, by talking and using various activities.
- Look at your strengths and discover new strengths to help you cope with the problems in a positive way.
- A counselor takes a long time to train for their job and they should treat you in a caring, warm manner and try to be as friendly and helpful as possible.
- Everything you say in a counselling session is private between you and your counsellor, unless you are at risk of serious harm from others, to yourself or others.