

Safeguarding and Child Protection at Jarrow School

Parental Newsletter



Knife Crime

How might this impact my child?

Most young people don't want to carry or use a knife, but some may carry a weapon because they're afraid of others carrying one. Knife crime can also be a direct result of drug dealing and gang turf wars. The topic is often in the news, so it's common for parents and carers to worry about knives. There is support available if you need it, and some things you can do to support your child.

Understand why it may happen

If your child is carrying a knife, it may not be because they're looking for trouble. Peer pressure, social media and exploitation by gangs can make young people feel they should protect themselves. Trying to understand why your child is behaving the way they are can help you work out how to best support them.

Create space for open conversation

Have open and honest conversations with your child about what they think and feel. — They may not want to talk, but don't force the conversation. Let them know you're there for them if they need you. This way they'll be more likely to speak up if they do get into any trouble.

Listen to any worries your child has.

- It can help to:
- Get to the point, but avoid instilling fear or being angry.
 - Give them the facts – the Ben Kinsella Trust has some information for parents and a learning zone for young people.
 - Watch a knife crime documentary or film together and then talk about it after.
 - See if there's someone they trust, like a family member, that they would feel happy speaking to.
 - Help them understand the consequences of carrying a knife.

Set some boundaries

Putting boundaries in place within the home can help your child understand what behaviour is acceptable. Setting standards early means your child is less likely to follow standards set by others.

Help them make positive connections

Be aware of where your child is when they go out, and who they're with. Show an interest in their friends without putting pressure on them to tell you everything. Get to know your child's friends and invite them over.

Find ways to help your child connect with others in their community, so they have positive interactions with those around them and help them understand what makes good friends and positive relationships.

Help them stay safe

Think about putting a safety plan in place, without making it too formal. You can:

- Make sure your child always has a phone on them, and the phone has credit.
- Let them know they should call 999 if they are being threatened or in danger.
- Check they have enough money to get home, or arrange a lift.
- Talk through scenarios that worry your child, and how they could get out of those situations.

Ensure your child is aware of their surroundings.

Help them learn to listen to their gut if they feel worried or bad about a situation.

Tell them to avoid going anywhere with people they don't know.

Ask them to let you know if they move somewhere different from where they said they would be.

Get support

- Speak to school if you are worried about your child.
- The Ben Kinsella Trust has more information for parents or carers worried about knife crime.
- Search your local authority website to see if there are local groups that could offer support.
- Contact the NSPCC helpline if you're worried about a child.
- Fearless allows young people to pass on information about a crime anonymously.
- The Mix offers advice articles, a chat service, and a community forum for young people.

If you or your child are in immediate danger, call 999

Useful Acronyms & Vocabulary

DSL: designated Safeguarding Lead

SPOC: single Point of Contact (PREVENT) responsible for preventing children being impacted by extremism.

Sexual Violence: incidents such as rape, assault by penetration and sexual assaults.

Sexual Harassment: sexual comments, remarks, jokes and online sexual harassment, which may be stand-alone or part of a broader pattern of abuse.

Sexting: also known as 'youth produced sexual imagery'

Sexual abuse: being persuaded or forced into undesired sexual activity

Misogyny: feelings of hating women or the belief that men are better than women

Who's who at Jarrow School

Mrs Lobban
Senior DSL

Miss Clark
Deputy DSL, SPOC and Senior Mental Health Lead

Miss Simpson
Safeguarding Assistant

Mrs D Ewart
Link Governor for Looked after Children



Useful Acronyms & Vocabulary about Safeguarding

STSCP: South Tyneside Safeguarding Children's Partnership

KCSIE: Keeping Children Safe in Education

CAMHS: Child and Adult Mental Health Services

CYPS: Children and Young People's Service

ICTS: Children's Mental Health Crisis Team

MARAC: Multi Agency Risk Assessment Conference

PPO: Police Protection Order

NSPCC: National Society for the Prevention of Cruelty to Children

Non-molestation Order: a special injunction that aims to prevent a partner or former partner from harming you or your child

Domestic Abuse: includes physical, emotional and sexual abuse in intimate relationships or between family members.

Front Door: Children's Social Care referrals and point of contact

For more information about how we safeguard the students of Jarrows School, view our Safeguarding and Child Protection Policy on our website:

www.jarrowschool.com

Mental Health Support for Students

Lifecycle/ Healthy Minds Team:
0191 2832937

Escape: 0191 4276353

CYPS: 0191 5665500

Parenting Support

Early Help Outreach Service: 0191 4246210

Children's Social Care: 0191 4245010

Out of Hours Social Care: 0191 4562093

BeReal

BeReal.

You must be 13+ to use BeReal.

What is BeReal?

BeReal is a social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two minutes to capture and share what you are doing at that moment. All your friends post at the exact same time and once you have posted, you can then see what your friends have posted. If you do not post, then you cannot see your friend's BeReals from that day or access the discovery tab.

What do I need to be aware of?

BeReal is private by default and only visible to your friends. However, it is possible to share with all users by selecting the public option. If selected, your BeReal will appear in the Discovery tab so all users can see and interact with it, therefore there is the possibility of strangers contacting your child. There is also an option to share your location. Chat to your child about location sharing as it is important that your child understands the risk of location sharing and when it is and is not appropriate to share.

Discovery tab – this is the area where you can view all other BeReals that have been made public. There is an element of risk that your child may see an inappropriate image depending on what others have uploaded. If your child is using BeReal then talk to them about what they share, what they should do if they see something inappropriate or that they find upsetting and that they know how to use the reporting tools.



Separation may involve bad feelings between the parents and their families. Children can pick up on this, which may make them confused or unhappy – or even blame themselves for a break-up.

To support children during a separation and help them with their worries, you should:

- Remind them that they're loved by both parents
- Be honest when talking about it but keep in mind the child's age and understanding
- Avoid blame and don't share any negative feelings the adults have about each other.
- Keep up routines such as going to school and specific meal times
- Let them know they can talk about their feelings with you – explain that it's okay to be sad, confused or angry
- Listen more than you speak – answering questions will help them to open up.

There are lots of ways to make it a bit less painful when talking to children about divorce or any other difficult subject. The NSPCC have lots of useful resources to help you have those difficult decisions:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

HELPING CHILDREN WITH SEPARATION OR DIVORCE

Youth Vaping – The Rising Trend

Vaping appears to be everywhere nowadays. It seems you can't walk anywhere without seeing colourful advertising or catching a sickly-sweet smell in the air. While vapes (e-cigarettes) are meant to be used as a 'quit-tool' for smokers rather than a new method for non-smokers, one trend has been slowly on the rise in the last few years – youth vaping. Ineqe have received reports across their Safer Schools community that children as young as 8 years old have been found vaping at schools across the UK. It also follows concerns from healthcare officials that youth vaping is gradually on the rise in the UK, despite selling vapes to under 18s is illegal. Online safety experts have taken a more in depth look at youth vaping and you can find more information on the potential risks and helpful tips that will help you to better understand the issue and how it might impact the young people in your care.

Vapes come in many shapes and sizes. Some might look like everyday items such as pens or flash drives or even hoody drawstrings!

E-liquid ('e-juice' or 'vape juice') is a formula composed of nicotine and other chemical ingredients.

These 'e-cigarettes use a heated metal coil within a covering to create inhalable vapour from a liquid form of nicotine called 'e-liquid'

The UK government has recently called for evidence into youth vaping.

Red flags Vaping can be a lot more discrete than smoking, and may be happening without a parent, carer, or teacher noticing it. There are various signs to be aware of with youth vaping, such as:

- An unexplained cough, wheeze, or shortness of breath.
- Empty disposable vapes, plastic cartridges, containers, or bottles.
- Irritable behaviour if unable to go outside or have a break.
- Sudden mood swings, frustrations, paranoia, or anxiety.
- Lingering scents that are fruity or sweet smelling.



Social Media Influencers

What is an Influencer?

An influencer is somebody prominent on a social media platform such as YouTube and Instagram, who have a high number of followers. Influencers share their opinions/ideas and may be paid to advertise/promote products through their account. Whilst there are some great influencers, there are some that choose to share their own opinions, which could be misogynistic or racist for example. These opinions can be expressed or interpreted as fact. It is important to talk to your child about the spread of misinformation online and how we should fact check and critically analyse what we see and hear online.

What we see on social media platforms is influenced by algorithms, which predict what type of content we are most likely to interact with. Whilst there are benefits of algorithms, it can mean that once we start looking at certain content, our social media feed can become more aligned with that opinion, so we don't see a balanced picture. You can find out more here: <https://www.childnet.com/blog/algorithms/>

Further information

The NSPCC have created an article detailing what you need to know about online influencers. You can read it here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/onlinesafety-blog/2023-05-16-the-influence-of-influencers/>



Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or medicines, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true representation. Your child may feel the only way they need to look like and to please others, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved in social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted to the lifestyle they see online. This could lead them into developing unrealistic expectations of life and to some extent, using their role models as an excuse for risky, particularly if they feel like they're even life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote as if they are children, they may play with it in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends, however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, showing their level of confidence in them. Your child may therefore find themselves looking up to people who are dishonest or who have interest in activities that they themselves do not actually care about.



Safety Tips for Parents



FOLLOW WHO THEY FOLLOW

If you notice your child has suddenly taken a strong interest in the way they look, or pointed they are a bit more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or pointed they are a bit more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Radzi is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YOI SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

SUMMER 2023
ACROSS SOUTH TYNESIDE

Holiday Activities + Food 22 JULY UNTIL 3 SEP

*For young people (5-16 years) in receipt of benefit related free school meals
For more information and eligibility please call 0191 424 0118 or email haf@southtyneside.gov.uk

Bookings Open 4pm Monday 10th July

FREE

www.southtyneside.gov.uk/holidayclub



South Tyneside Council



Department for Education

Spread the word!

THIS IS SOUTH TYNESIDE

Access further information on free summer activities at:

<https://haf2023southtynesidesummerholidayclub.eventbrite.com/>