



Bedford High School Safeguarding Newsletter December 2022



Safeguarding Team		Useful Numbers / Websites
Mrs Ramsden	Safeguarding Lead	NHS: 111/999 or www.nhs.uk
Mr McCaffery	Headteacher	Childline: 0800 1111 or www.childline.org.uk
Mrs Moss	Deputy DSL	Wigan Safeguarding Team: 01942 828300
Pastoral Team:		Dias (DV support): 07519911902 or www.diasdvc.org
Sue Critchley	Safeguarding Mentor	Think U Know: www.thinkuknow.co.uk
Miss Green	Lead PGO	Kooth: www.kooth.com
Mrs Haselden & Mr Lycett	Y7	Young Minds: www.youngminds.org.uk
Mrs Walsh, Miss Quinn & Mrs Duffy	Y8	Papyrus: 0800 068 4141 or www.papyrus-uk.org
Miss Darbyshire & Mr Rowe	Y9	
Mr Osborne, Miss Quinn & Mrs Duffy	Y10	
Mrs Aaron & Mrs Anders	Y11	

Welcome to the Christmas Edition of Bedford High School's Safeguarding Newsletter. We hope you are all taking care and staying safe.



Online Safety Advice

It can be hard to know how to talk to your child about online safety. Apps are constantly evolving and being newly created. The NSPCC is a great place for parents to seek advice on how to set up parental controls on devices, advice on sexting, online games and video apps. Take some time to explore the following link to the NSPCC website which is designed to help you to understand the risks and keep your child safe:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Privacy settings are controls to limit who can access your profile and what information people can see. Privacy settings can help you to manage how much and what kind of information is shared. For specific advice about privacy settings on each of the popular apps, such as Instagram, follow the link below:

<https://www.internetmatters.org/parental-controls/social-media/>

How to report an online exploitation concern

If you're worried that your child is being groomed online or sexually exploited you should report your concerns to CEOP. CEOP is a command of the National Crime Agency and can investigate what is happening – with the assurance that the safety and wellbeing of your child is paramount at all times.

How do I make a report to CEOP?

You can make a report to CEOP using the [CEOP Safety Centre](#).

The online form will ask you for your contact details and information about what has happened. It will ask:

- What happened?
- Who did it happen to?
- What do you know about the suspect involved?

All of the reports are first reviewed by child protection social workers. They will:

- Read the report and assess the risk to your child
- Look to make contact with you to discuss next steps
- Give safeguarding advice and support

If you are concerned that your child is in immediate danger, call 999.

Keeping Safe in the Community

According to published statistics for our local area, the second highest reported community issue to the police is that of anti-social behaviour. Recognising the importance of being safe and keeping others safe when out and about, it is recommended that you speak to your son/daughter about safety and behaviour when out and about. This is also an ideal opportunity to set boundaries and give reassurance that the door is open for them to speak to you about concerns or situations that they may find themselves in. Young people can often find themselves victim to peer pressure and may not feel they can ask for advice.

What is Anti-Social Behaviour (ASB)?

Anti-social behaviour is where behaviour and actions of an individual or group causes:

- harassment, alarm or distress to any person of another household
- a person to feel personally threatened
- a public nuisance or detrimental impact upon the environment
- a detrimental effect upon the quality of life of an individual or the community as a whole

What can I do as a parent?

Young people often feel they are blamed as the main cause of anti-social behaviour; the stereotype arises largely from the fact that groups of young people often hang out on the streets or other public places. Certain behaviour, which is not always intended to cause nuisance, can be perceived by people in the community as ASB when it has an impact on their everyday lives.

You should talk to your child about venturing out without you. Explain how their behaviour will affect others and how it can be perceived, encouraging them to be mindful and considerate.

Before they go out, ask them:	Tell them:
☉ What they are planning to do?	☉ To think about what they are doing
☉ Where they are going?	☉ Not to cause distress or annoyance
☉ Who are they going with?	☉ Not to cause damage to property
☉ What time, and how they will be getting home?	☉ Not to put themselves or others in danger

Young people can also be the victims of crime and disorder:

- Make sure they know how to stay safe
- Make sure they know what to do if they are a victim of crime
- Make sure they can contact an adult at any time and who it is
- Make sure they know how to use the police 101 and 999 services

Supporting your child's mental health

It can be difficult for a child to come forward and speak to an adult about their wellbeing. They may feel embarrassed or fear adults won't understand.

If you would like any advice on how to support your child, please ring school and speak to your child's PGO. We can offer signposting advice and also explain what support is available to your child in school.

You may also wish to signpost your child to www.kooth.com. Kooth is an online, confidential service, offering help and advice to young people regarding their emotional and mental health concerns. It is free to use and recommended by schools and other professional agencies in the borough.



Cost of Living Support

Many local families are experiencing difficult and uncertain times at the moment. The following links may be of benefit:

Wigan Council Support	https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Here-for-you/Index.aspx
Government Support	https://www.gov.uk/cost-of-living
The Bridge at Leigh	https://thebridgeatleigh.com/
Atherton and Leigh Foodbank	https://www.trusselltrust.org/get-help/find-a-foodbank/athertonleigh/

Finally, may we take this opportunity to wish all of our families a peaceful Christmas. We look forward to seeing our students in January.

